

# Mountaineer

Vol. 60, No. 22 Published in the interest of the 7th Infantry Division and the Fort Carson, Colo., community June 14, 2002



## INSIDE THE MOUNTAINEER

Opinion/Editorial Page 2  
Military Page 5  
Community Page 13  
Sports Page 29

## Feature



Outdoor Recreation Complex can help get you ready for summer. See Page 22 and 23.

## Happenings



The Flying W Wranglers perform following dinner at the Flying W Ranch. The ranch is a good place to take out-of-town visitors.

See Page 35.

## Kit Carson Week Canceled

Due to severe budget shortages, Fort Carson has canceled the annual Kit Carson Community Festival. The Directorate of Community Activities will continue to provide special events throughout the summer.

Post Weather hotline: 526-0096



Photo by Sgt. Chris Smith

## Proudly she waves ...

The Continental Congress created a flag to represent the new nation 226 years ago today. Americans honor the star spangled banner on Flag Day, which is also the Army's birthday.

# Mandatory water restrictions in effect

## Compiled by Directorate of Environmental Compliance and Mangagement

The Colorado Springs City Council unanimously agreed Tuesday to declare a Stage II Water shortage. Fort Carson gets its water from Colorado Springs and is directly affected by the restrictions.

Soldiers and their family members who live on post or off post in Colorado Springs are affected by the following water saving measures:

Stage II water shortage — Water lawns on designated days only. Storage levels in local reservoirs are very low. Both voluntary and mandatory measures will be implemented to reduce water use by at least 20 percent.

- Take measures recommended in the normal stage and Stage I restrictions.

- Outdoor landscape watering shall only be allowed every other day and only between the hours of 7 p.m. and 9 a.m. in accordance with a schedule published from time to time in the local newspaper and included in your utility bill. Landscape irrigation with a hand-held hose

with attached positive shutoff nozzle, drip irrigation system or bucket is allowed at any time.

- Do not apply water to any lawns, turf, sodded, or landscape area resulting in the pooling or flowing of water across the ground or into drainage ways, including but not limited to, gutters and storm sewers

- Repair or report any irrigation system that is leaking.

- Do not apply water intended for landscape irrigation to an impervious surface, such as a street, sidewalk, driveway, patio or deck.

- Motor vehicles, trailers, boats and other types of equipment shall be washed only during regular watering days and only with a hand-held hose equipped with a positive shutoff nozzle for quick rinses or with a bucket, except when done by a commercial car wash.

- There shall be no hose

washing of sidewalks, walkways, patios, driveways, parking areas or other impervious surfaces, except to eliminate conditions that pose a threat to public health or safety or when required as surface preparation for the application of architectural coatings or painting.

- The use of all public and private water features shall be prohibited.

- Planting new lawns from seed, hydroseed or sod shall be prohibited.

- No restaurant, hotel, café, cafeteria or other public place where food is sold, served or offered for sale, shall serve drinking water unless expressly requested by a patron and shall display a notice to that effect.

- The owner or manager of every hotel, motel, inn, guest house, bed and breakfast facility and short-term commercial lodging shall post a notice of the

existence of a declared shortage and any necessary compliance measures. A copy of the posted notice shall be provided by Colorado Springs Utilities.

Other restrictions for Fort Carson include:

- New landscaping or watering system requests will go through the Directorate of Public Works for approval.

- Washracks — nozzle sprayers that can be turned off should be used and water should be turned off when not in use. Any leaks should be promptly reported to the Directorate of Public Works work order desk at 526-5345.

The restrictions are being enforced by Colorado Springs Utilities and violation of the restrictions can result in a written warning for the first violation, \$50 charge for the second violation, \$100 charge for the third and additional violations may result in disconnection of water service.

For more information about the water shortage, conservation tips and specific city ordinance water restrictions, visit [www.csu.org](http://www.csu.org).

## Colorado Springs burn ban in effect

Due to the unusually dry weather and extreme wildland fire hazard conditions, Colorado Springs Fire Department is implementing a Burning Ban within the city limits. Public firework displays and model rocket use is also prohibited unless otherwise permitted and inspected.

Open flame, charcoal cooking devices or heating equipment shall not be permitted within the Hillside Overlay, which consists of heavily wooded areas. This includes all public land west of Interstate 25, hillside areas of Austin Bluffs, UCCS, Houck Estate, University, Saddlerock, Garden Ranch and parks and community property within these limits. This applies but is not limited to the following parks: Garden of the Gods Park North/ South Cheyenne Canyon (portions within the City), Bear Creek Park, Palmer Park, and Saddlerock Park.

This ban does not restrict cooking on private property but citizens are asked to be responsible and take special safety precautions when using open flame or charcoal cooking devices and heating equipment.

Small cooking fires in manufactured, noncombustible grills and barbecue appliances shall be acceptable in other areas of the city. If, however, a call or complaint necessitates an investigation and a Colorado Springs Fire Department Officer or Official determines any small cooking fire to be hazardous, he or she may immediately issue a Cease and Desist Order. Violation of that order can result in up to \$1,000.00 in fines and /or imprisonment.

This Burn Ban will remain in effect until the wildland fire risk has diminished to a level acceptable to this Department. For questions, please call the Wildland Risk Management office at 385-7246 or Fire Prevention at 385-5959.



## Blood Drive scheduled Tuesday

Post Physical Fitness Center, 9 a.m. to 1 p.m.  
Alternate site: Garcia Physical Fitness Center





From secretary of Army, chief of staff ...

# Army's 227th birthday — still no greater profession

For 227 years now, soldiers have defended freedom. And again today, soldiers are fighting on behalf of the American people as we prosecute the war on terrorism. So as we celebrate our Army's birthday and reflect on our great institution, a simple truth arises: there is no greater profession than the Profession of Arms, and no greater job than ours — serving on point for our nation. Thanks to American soldiers, freedom's light shines as a beacon throughout the world.

The Army has courageously fought our country's wars and served honorably in peace for over two and a quarter centuries. We can all be justifiably

proud of the Army's achievements — a distinguished history of service to the nation. From our victories in the American Revolution through the trial of our Civil War, from the trenches of World War I to the beaches of Normandy and the island battles in the Pacific of World War II, from the frozen mountains of Korea to the sweltering paddies of Vietnam, from Grenada and Panama to the sands of Kuwait and Iraq, and now on the plains and in the mountains of Afghanistan, soldiers have marched at the van of democracy and the cause of liberty.

And throughout that history of service, the key to The Army's success is

our flexibility and willingness to change, to meet the world as it is — without altering the core competencies that make the Army the best fighting force in the world. You are the best Army in the world. As we forge ahead to gain irreversible momentum in our transformation, you will continue to be respected by allies, feared by our enemies, and honored and esteemed by the American people. Your courage, dedication to duty and selfless service to the nation are the hallmarks of the soldiers of the U.S. Army.

We will never be able to tell you enough how very proud we are of you, how everyone we meet offers their

**Thomas E. White**

thanks for what you do and their prayers for your safety and well-being. So we are honored to join you in celebrating the birthday of the most powerful land force the world has ever known. Thank you for your service, for your sacrifices, and for your abiding devotion to something greater than self.

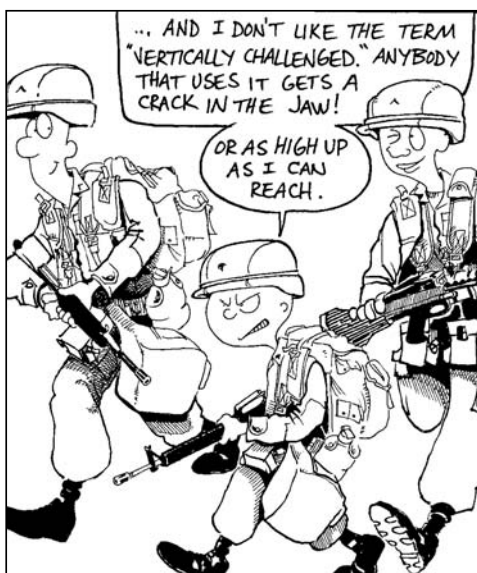
God bless each and every one of you and your families, God bless our magnificent Army, and God bless America.

**Gen. Eric K. Shinseki**  
**General, U.S. Army**

**Chief of Staff**  
**Thomas E. White**  
**Secretary of the Army**

**Gen. Eric K. Shinseki**

**Pvt.  
Murphy  
Mark Baker**



## LETTERS TO THE EDITOR

The *Mountaineer* invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not

be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR360-1, under which the *Mountaineer* is

published, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The *Mountaineer*, 6151 Specker Ave., Fort Carson, CO 80913-5119 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

## Commands set to celebrate Army's 227th birthday

by Staff Sgt. Marcia Triggs  
Army News Service,

**WASHINGTON** — A few celebrities will dive into the Army's birthday celebration today by jumping with the Golden Knights Parachute Team.

Other worldwide activities will include wreath-laying ceremonies, late-night balls, and plenty of cake cutting.

Secretary of the Army Thomas White, Army Chief of Staff Gen. Eric K. Shinseki and Sergeant Major of the Army Jack Tilley will deliver the Army's birthday cake to President George W. Bush at the White House.

More than 8.3 million television viewers are expected to watch four scheduled Golden Knight jumps. Miss Teen USA Marissa Whitley will conduct a tandem jump at Fort Campbell, Ky.; Miss Virginia USA Julie Laipply and a FOX network reporter, Rick Leventhal, will jump in Orange, Va.

The Golden Knights will also jump at the nationally televised New York Mets versus Yankees home game.

In Manhattan, N.Y., a 90x60-foot flag mural made out of duct tape by sculptor Todd Scott was unveiled Thursday at the Washington Square. The keynote speech at the event emphasized the tape's historic relationship with the U.S. Army. June marks the 60th anniversary of duct tape.

This year's annual New York City Flag Day Ceremony will include special recognition of the sacrifices made by the New York police and fire departments, port authority police, and other first responders to the tragedy of Sept. 11. Active Army, Guard and Reserve soldiers from the region will attend the ceremony on the steps of New York City Hall. The soldiers will be joined by the U.S. Army Brass Quintet and the 3rd U.S. Infantry "Old Guard" Continental Color Guard.

In the Capitol region, The Old Guard will place American flags on the graves of Sept. 11 victims who were buried at Arlington National Cemetery. A Pentagon cake-cutting ceremony will include the presentation of a large American flag that was made by the students of Blanchard Elementary School in Columbus, Ga.

## MOUNTAINEER

### Commanding General:

**Maj. Gen. Charles Campbell**

### Public Affairs Officer:

**Sgt. Shelly Stellwagen**

### Chief, Command Communications:

**Douglas M. Rule**

### Editor

**Sgt. Alicia Frost**

### Staff Writers:

**Spc. Stacy Harris**

**Spc. Jon Christoffersen**

### Happenings:

**Nel Lampe**

### Staff Writer:

**Walt Johnson**

### Layout/graphics

**Cindy Tiberi**

This newspaper is an authorized photo offset publication produced weekly in 15,000 copies for members of the Army. Contents are not necessarily the view of the Army or Fort Carson.

The *Mountaineer* is an unofficial publication authorized by AR 360-1. Editorial content is prepared, edited, and provided by the Public Affairs Office of Fort Carson. The *Mountaineer* is printed by Gowdy Printcraft Press, Inc., a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Carson.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Gowdy Printcraft Press, Inc., of the products or services advertised.

The Printer reserves the right to reject advertisements.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

All correspondence or queries regarding advertising and subscriptions should be directed to Gowdy Printcraft Press, Inc., 22 North Sierra Madre, Colorado Springs, CO 80903, phone (719) 634-1593. The *Mountaineer's* editorial content is edited, prepared and provided by the Public Affairs Office, Bldg. 1550, room 2180, Fort Carson, CO

80913-5119, phone (719) 526-4144.

Releases from outside sources are so indicated. Army News Service (ARNEWS) releases are received from Headquarters, Department of the Army. The deadline for submissions to the *Mountaineer* is close of business the Friday before the issue the submission will appear in. The *Mountaineer* staff reserves the right to edit the submissions for newspaper style, clarity and typographical errors.

Public Affairs policies and statements reflected in the news and editorial columns represent views of the individual writers and under no circumstances are to be considered those of the Department of the Army.

Reproduction of editorial material is authorized. Please credit accordingly.

# News

## Army closes Transformation recon teams to women

by Staff Sgt. Marcia Triggs  
Army News Service

**WASHINGTON** — Female soldiers will no longer be assigned to unique reconnaissance organizations marked to be the Objective Force's eyes and ears on the battlefield.

At the request of the Training and Doctrine Command, female soldiers will no longer be authorized assignment to the Reconnaissance, Surveillance and Target Acquisition Squadrons at Fort Lewis, Wash.

The 13 female soldiers currently assigned to the squadrons will be reassigned within the brigade. The recon squadrons fall under the Interim Brigade Combat Team and within the brigade women can be assigned to headquarters, the signal company the military intelligence company and the brigade support battalion.

As of April 26, the U.S. Total Army Personnel Command stopped assigning soldiers to the Surveillance Troop, a subordinate element of the RSTA. The Surveillance Troop was the only element of RSTA coded P2, which means either male or female soldiers can be assigned to the unit.

The Direct Ground Combat Position Coding for RSTA will be P1, male only, because its operating environment will have them located next to direct ground combat units, said a Department of the Army official.

The decision was made after TRADOC deter-

mined a change in RSTA's mission and tactics. The command then recommended that the coding of the surveillance troop be changed from P2, interchangeable, to P1, male only, officials said. Once Operations and Plans, G3 validated the change in requirement, the Deputy Chief of Staff for Personnel, G1 determined the appropriate coding, the official said.

The Department of Defense policy is to not assign women to positions involving direct ground combat, which is the reason women cannot be drafted and are not required to register with the Selective Service System, according to a Selective Service System fact sheet.

The recon squadrons will fall under the Interim Brigade Combat Teams, said Lt. Col. Michael Negard, the Transformation public affairs officer out of Fort Lewis. The only two RSTAs to be affected by the decision are at Fort Lewis.

RSTA is primarily made up of scouts, armor crewman and a host of intelligence and communication specialists, Negard said. The female soldiers who will be reassigned specialized mainly in electronic warfare and cryptologic operations, he said.

Female soldiers in other specialties included Morse code interception, unit supply, chemical operations and unmanned aerial vehicle operations, Negard added.

The 13 female soldiers were unavailable for comment. The RSTA command said it didn't play a

role in the decision to change coding — it just implemented the policy.

Placing the RSTA under the wing of the IBCT puts a cavalry squadron for the first time ever in a brigade, Negard said. Usually cavalry units are found in divisions and corps, he added. This will give the IBCTs intelligence-gathering capabilities that other brigades won't have.

The purpose of the Army IBCTs is filling the current operational gap between light and heavy forces.

RSTA soldiers, using an array of sensors, ground surveillance radars and the tactical internet, which allows soldiers to communicate their position along with the enemy's without radios land lines or maps, will enable the IBCT to fight the enemy on their terms, Negard said.

The first operational RSTA will be the 1st Squadron, 14th Cavalry, 3rd Brigade, 2nd Infantry Division in Spring 2003. The second IBCT isn't scheduled to be operational until Spring 2004 — 2nd Squadron, 14th Cavalry, 1st Brigade, 25th Infantry Division. Both are out of Fort Lewis, Wash.

Each IBCT will include a RSTA, and future IBCTs will be 172nd Infantry Brigade, Fort Richardson, Alaska; 2nd Armored Cavalry Regiment, Fort Polk, La.; 2nd Brigade, 25th Infantry Division, Schofield Barracks, Hawaii, and the 56th Brigade of the 28th Infantry Division in Pennsylvania, which is a National Guard unit.

# Stop-Loss 4 releases some soldiers, adds others to list

by Joe Burlas  
Army News Service

**WASHINGTON** — The Army announced June 6 a fourth increment to the Stop-Loss program that allows it to retain soldiers in certain specialties beyond their date of separation or retirement for an open-ended period.

While the new call will keep about 260 soldiers on active duty who had potential separation or retirement dates between now and Sept. 30, it releases another 370 who had been impacted by previous Stop-Loss decisions.

Stop-Loss continues to retain about 12,000 active, Reserve and National Guard soldiers.

Stop-Loss has expanded to include the following officer specialties:

- 30 Information Operations
- 34 Strategic Intelligence
- 53 Information

The following enlisted military occupational specialties have been added to the program:

- 13C Field Artillery Automated Fire Support Specialist
- 13D Field Artillery Tactical Data Systems Specialist
- 13E Cannon Fire Direction Specialist
- 14E Patriot Fire Control Specialist
- 52E Prime Power Production Specialist
- 55D Explosive Ordnance Disposal Specialist
- 96U Unmanned Aerial Vehicle Operator

The announcement released officers with a 48E Foreign Area Officer specialty from the program.

Enlisted soldiers released from previous Stop-Loss announcements include the follow MOSs:

- 81T Topographic Analyst
- 92R Rigger
- 96D Imagery Analyst
- 96H Common Ground Station Operator
- 96Z Intelligence Senior NCO

97L Translator (Russian and Spanish Linguist in the Ready Reserve only)

97Z Senior Human Intelligence NCO

98G Cryptologic Linguist (Russian and Spanish Linguist only)

98H Communications Interceptor

98J Electronic Intelligence Analyst

98K Signal Collection Analyst

98Z Senior Signal Intelligence NCO

No warrant officer specialties were added or released by the most recent announcement.

The first Stop-Loss announcement was made Nov. 30. It was directed at active-duty Special Forces and certain aviation soldiers. The second and third announcements, made Dec. 27 and Feb. 8 respectively, expanded the program to additional specialties and included the reserve component.

Stop-Loss does not impact involuntary separations or mandatory retirements.



Photo by Spc. Jon Christoffersen

## Changing command ...

Lt. Col. Robert L. Douthit, incoming commander, 4th Squadron, 3rd Armored Cavalry Regiment, reviews the troops with Lt. Col. Michael J. Karr, outgoing commander, during the Longknife Squadron's change of command Monday. Douthit comes to the Mountain Post from U.S. Central Command where he served as the executive officer to the director of plans and policy.

# Military

## Oklahoma National Guardsman helps save day, equipment

### Courtesy story

Spc. Kyle Dobson's adrenaline began pumping almost immediately as he stumbled on the tugboat tow deck and peered into the darkness at 3:30 a.m. May 30.

Awakened by the impact of the tow striking the U.S. 82 bridge, Dobson, an Oklahoma Army National Guardsman from Sand Springs, Okla., rubbed his eyes in disbelief as he realized that half of the tug's 21-barge tow loaded with military equipment was missing.

The barge had been negotiating a dangerous curve in the Mississippi River at Greenville, Miss., when it struck the bridge. The missing barges were loaded with several hundred vehicles from the Guard's 45th Infantry Brigade (Separate) of the 7th Infantry Division, which were headed for the Port of Alexandria, La. Dobson was the only Guardsman assigned to accompany a six-man crew from Canal Barge Company on the float from Arrowhead Landing near Camp Gruber, Okla., to the Louisiana port. Dobson's job was to assist the crew of the tugboat Elizabeth Huger and perform any last minute maintenance chores as the Guard unloaded its vehicles at Alexandria. Dobson, a petroleum supply specialist in the 245th Engineer Company in Bristow, Okla., would then join the rest of the brigade as it prepared for an 11-day exercise at the Army's famed Joint Readiness Training Center at Fort Polk, La.

The next 24 hours for Dobson were some of the

most grueling and harrowing times in his young life.

"I started helping other crewmembers who started chasing the barges that had been torn loose in the collision," Dobson said. "The barges were connected by thick wire cables and several had to be retrieved from downstream.

"There was another tug below the bridge that gave us great assistance in that effort," Dobson said.

Canal Barge representatives notified the Coast Guard and military officials of the incident and the company sent additional employees and extra crews from its headquarters in New Orleans. Transportation experts from the Military Traffic Management Command in Alexandria, Va., and the Oklahoma National Guard were dispatched to the scene.

The crew started retrieving the loose barges one by one and securing them. At least two of the barges were badly damaged by the bridge collision and were taking water. The crew started pumps to keep the barges afloat. "There was more than 30 tons of vehicles and equipment on one barge that was wedged against the bridge," Dobson said. It was listing badly and some vehicles had already slid off the side to the bottom of the 100-foot deep, fast-flowing river.

As the damaged barge was stabilized the crew edged another barge next to it. Dobson and tug crew-

man climbed aboard to move the vehicles.

Dobson said the crewman, a Marine veteran, served as his "ground guide, making sure I wasn't going off the edge or front of the barge" while driving about 23 vehicles off the listing barges. "I couldn't have done it without him."

The entire recovery operation took more than 24 hours. The tow arrived at the Port of Alexandria without incident for off loading June 3 to 5.

Oklahoma Guard officials continue to conduct bumper number inventories to determine the exact loss. Coast Guard and MTMC officials also are conducting their investigations.

Dobson said he wanted to be in the military since he was 5 years old. He joined the Guard three years ago after graduating from Charles Page High School in Sand Springs.

Dobson said one of the lost vehicles was a Humvee that belonged to the maintenance section chief that he works for in the 245th. He did not want to be in trouble with his boss.

He certainly was not in trouble with the crew of the Elizabeth Huger tugboat. They presented Dobson with the flag from the tug because they were so appreciative of his help in the recovery. He has it neatly and respectfully folded away as a remembrance of his barge trip from Oklahoma to Louisiana.



**Spc. Kyle Dobson**



*Load 'em up ...*

# Oregon Guard participates in sling load training

by Sgt. Rebekah-mae Bruns

1st Battalion, 186th Infantry Public Affairs Office

Crouched down in an open field, the soldier's skin is stung when a blinding wall of dust kicks up. For a few moments his eyes are shut; a bit of nervousness creeps up in his chest. Then a distinct rotor blade sound is heard – a Black Hawk hovers.

Swiftly the static probe touches off and the soldiers promptly hooks it up. It's time to roll out. The sling load is complete.

With the Sinai mission on the horizon, the 1st Battalion, 186th Infantry, Oregon National Guard, 7th Infantry Division, assumed the mission of sling load operations.

Soldiers, such as Spc. Donny Holmes of Company A, discovered they must trust and rely on the air crews during sling load operations when a Black Hawk flaring down often finds the soldier in a vulnerable position.

"I'm used to Hueys, and to come into it (sling loading) with a Black Hawk screaming over top, well – you have to put a lot of faith in the air crew; faith

that you're not going to get splattered," said Holmes, a former crew chief himself.

There is mundane preparation before the excitement. A great deal of groundwork goes into getting an area ready before a sling load can take place.

Soldiers first mark out a 100-meter radius and clear any debris more than 18 inches high. If there's an obstacle too big to move, then it must be marked for the pilot's awareness because preventing damage to the "bird" is of the utmost importance. Just as anything more than 18 inches tall must be knocked down; holes deeper than 18 inches must be filled in.

After an area has been cleared and visual signal panels placed for vicinity guidance, it takes three soldiers on the ground to make the sling load happen.

First, a signalman who stands 20 meters in front and slightly to the right of the incoming sling load directs the helicopter over the load. A second soldier, a static probe person, discharges static electricity from the aircraft, and a third soldier hooks up the load.

It's a team effort and Staff Sgt. Kevin Williams of the 91st Training Support Battalion thinks the soldiers of the 1st Bn., 186 Infantry National Guard, rivals the proficiency any regular Army component.

"They're outstanding," said Williams. "They have high levels of motivation and they give you what you give them."

According to soldiers of the 1st Bn., 186th



Photo by Sgt. Rebekah-mae Bruns

**An Oregon National Guard soldier moves from underneath a Black Hawk as it prepares to lift a sling load of supplies during recent training the unit conducted.**



Photo by Sgt. Rebekah-mae Bruns

**Soldiers from the Oregon National Guard practice sling loading.**

Infantry, they are using their high levels of motivation and tactical experience to accomplish re-supply issues they might face in the Sinai.

Cpl. Matt Davis, of Company C, realizes the importance of sling load operations because many times vehicles are unable to reach various observation posts.

"Sling load operations are very important for the simple fact that a lot of our re-supply issues are too far for a vehicle to go," said Davis.

Soldiers said they will take their skills into the Sinai with the high confidence and excellence of a 1st Bn., 186 Infantry Guardian.

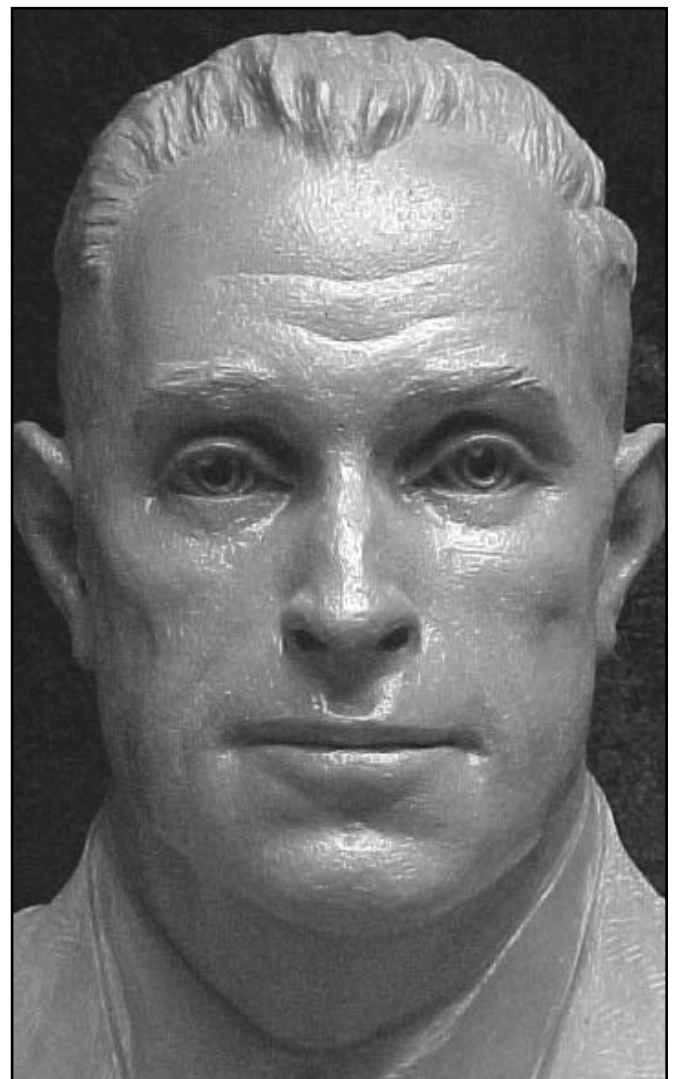
"I feel confident in what I learned from sling load (training)," said Pvt. Tony Jennings of Company A. "I feel I can do whatever mission might come my way in the Sinai."



Courtesy photos

## Father of the Special Forces ...

Local sculptor, L. Gaylene Kutchinski presented a portrait bust of retired Col. Aaron Bank "Father of Special Forces" to Bank at the 50th Anniversary Special Forces Ball June 7. Bank started Special Forces in 1952 and will celebrate his 100th birthday this year. The bust will be displayed in the 10th Group Special Forces Group (A) headquarters.



# Greenback

*Feedback sought*

## Soldiers asked to give feedback about DFAS service



**Jang**

**by Capt. Ho Jang  
4th Finance Battalion**

The Defense Finance and Accounting Service, in partnership with your local pay office, provides pay services to military personnel.

DFAS is committed to improving and maintaining high quality services for its customers. DFAS has asked the Personnel

Resources and Development Center, of the U.S. Office of Personnel Management, to collect feedback on satisfaction with its products and services. It is the intent of this survey to determine your level of satisfaction with DFAS Military Pay Operations based upon receipt of timely and accurate pay, as well as, efficient and courteous customer service. Many servicemembers have been randomly selected and will soon receive customer satisfaction surveys on their experiences with DFAS during the last year.

If you receive a survey your participation is voluntary and your feedback will be completely confidential: No one in your organization or DFAS will have access to your individual responses. It will take

about 15 minutes to complete the survey. The survey will have an enclosed pre-addressed and stamped envelope to return your survey no later than three weeks from the date you received it.

We hope you will take this opportunity to provide DFAS with feedback on both its strengths and areas in need of improvement. With your help, DFAS will continue to improve its products and services.

### Officer civilian clothing allowance

To clarify the entitlement to civilian clothing allowance for officers assigned to duty outside the United States:

The regulation states, "an officer of an armed force who is assigned to a permanent duty station at a location outside the United States may be paid a civilian clothing allowance." The servicemember directed by competent authority to dress in civilian clothing more than half the time when performing official duty; and has not received an initial civilian clothing allowance for that current duty or tour will receive the new annual initial civilian clothing allowance. It

also goes on to state "By law, an officer is authorized a civilian clothing allowance only if his or her permanent duty station is outside the United States." The regulation defines the "United States" as being "The 48 contiguous states, the District of Columbia and the states of Alaska and Hawaii."

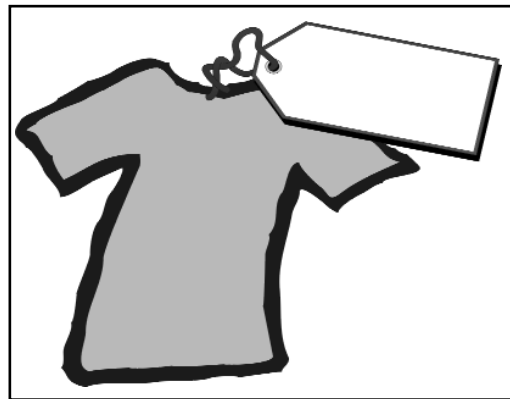
The bottom line, based on the references provided and to clarify when an officer may be authorized a civilian clothing allowance, is only when an officer permanently stationed outside the United States (which includes the District of Columbia, Alaska and Hawaii) may be entitled to a civilian clothing

allowance. No entitlement exists for any location that is considered within the United States.

### Reserve civilian clothing allowance

Reserve Component members on active duty more than 179 days shall be authorized a civilian clothing allowance if they are directed

by competent authority to dress in civilian clothing more than half the time when performing official duty, as a military requirement.





# Dining Schedule

## Weekday Dining Facilities

### A La Carte Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)  
3rd BCT Iron Bde. (building 2061)  
3rd ACR CAV House building 2461)  
3rd ACR Butts Army Airfield (building 9612)

### Standard Facilities

10th Special Forces Group (A) (building 7481)

### Weekday Meal Hours

<b>Mon., Tues., Wed. and Fri.</b>	<b>Thur.</b>
Breakfast 7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch 11:30 a.m. to 1 p.m.	noon to 1:30 p.m.
Dinner 5 to 6:30 p.m.	4 to 5:30 p.m.

## Week of June 15 to 21

### Exceptions

- Butts Army Airfield Dining Facility serves breakfast and lunch meals only.
- Cheyenne Mountain Inn breakfast hours are 7 to 9 a.m. on Monday, Tuesday, Wednesday and Friday.
- 10th SFG (A) meal hours are the same Monday through Friday. It serves no dinner meal on Fridays. It is closed June 14.
- Cheyenne Mtn. Inn is closed June 15 and 16.

## Saturday, Sunday and Training

### Holiday Dining Facilities

3rd BCT Iron Bde. (building 2061)  
3rd ACR CAV House (building 2461)

## Saturday, Sunday and Training

### Holiday Meal Hours

Brunch	9 a.m. to 1 p.m.
Supper	3 to 5 p.m.

*The Cheyenne Mountain Inn  
now has an ATM machine.*



# Military Briefs

**Effective immediately, all organizations** will use the United States Postal Service standardized addresses with ZIP plus four assignments. Use is mandatory for both return and delivery addresses. New building signs with new street addresses will be constructed in the future. Please note that not all street addresses will match building numbers. Additionally, change of addresses will not delay your mail service. The following is an example of the format for an official mail return address.

Department of the Army  
Directorate of Public Works  
ATTN: Housing Division  
5050 Tevis St. Bldg 305  
Fort Carson, CO. 80913-4001

**Soldiers and civilians are reminded** that the former landfill site located south of O'Connell Boulevard between the U.S. Army Reserve Center Equipment concentration Site number 42 and the Military Police K-9 Kennels, building 8998, is off limits to pedestrian and vehicle traffic. For more information call 526-8001.

**Effective immediately, soldiers who are scheduled to attend Special Forces Assessment and Selection training** will not have orders deleted, deferred or be otherwise prevented from attending the scheduled training. Any requests for exception to this requirement must be endorsed by the first general officer in the soldier's chain of command. Soldiers who volunteer for SFAS prior to receipt of assignment notification will be deferred to allow for SFAS attendance. Assignment of SFAS graduates to the Special Forces Qualification Course will take precedence over any assignment conflict. For information, call (703) 325-2450.

**The Army is looking for soldiers to serve on attache duty.** The U.S. Army Attache Management Division is seeking active duty enlisted soldiers in the grades of E-4(P) to E-8 to serve in the Defense Attache System as operations noncommissioned officers. Operations NCOs serve as soldier-diplomats at Defense Attache Offices located in U.S. embassies in more than 100 countries worldwide.

NCOs considering an attache assignment must be on active duty, qualify for a top secret security clearance, have a GT score of 115 or higher, a CL score of 120 or higher, type 40 words a minute and possess at least some computer skills. Soldiers must also score 100 or higher on the Defense Language Aptitude Battery. All family members must be U.S. citizens and meet medical standards for the country of assignment. For more information, contact Sgt. 1st Class Jeff Williams at (301) 677-2134 Ext. 2633, DSN 622-2134, Ext. 2633, or via e-mail at [jeff.williams@us.army.mil](mailto:jeff.williams@us.army.mil).

**The next Records Management Class** will be held Wednesday from 9 a.m. to 4 p.m. in building 1550, classroom A. The course will include handouts and a film on the Privacy Act, the Modern Army Recordkeeping System and the Army Correspondence and Forms Management.

For more information, contact Duane Gregorich at 526-2107.

## Hours of Operation

**The 3rd Cavalry Museum will be open** to the public from 9 a.m. to 4:30 p.m. Tuesdays through Fridays until further notice. The museum will be closed Mondays and federal holidays, except

Memorial and Veterans Days. Group tours and individual visits from civilians without a valid government identification card can be arranged by contacting the museum, 526-1404 or 526-2028, within 24 hours of the planned visit. The museum staff apologizes for any inconveniences the schedule may create.

**The Information, Tickets and Registration office has moved** — ITR is now located in the Outdoor Recreation Complex, building 2429 on Specker Avenue. The staffs of the ITR Office and the ORC Information Desk are being combined in an effort to better serve customers. Hours of operation are Tuesdays through Saturdays, 10 a.m. to 5:30 p.m. For information, call 526-2083 or 526-5366.

**For official travel services,** Carlson-Wagonlit Travel, in building 1012 on Long Street, is open Mondays through Fridays from 7:30 a.m. to 4 p.m., and until 3 p.m. on training holidays.

Travelers are reminded to bring three copies of travel orders when picking up tickets for official travel. Soldiers and family members must have one original and one copy of their "travelopes" and three copies of each order, to include amendments, for overseas permanent changes of station. If you cannot pick up your tickets in person, you can fax a copy of orders to 526-1142 or 576-5262 for issuance of an E-ticket.

Please call 576-5188 to confirm receipt of faxed orders. Tickets will not be issued without orders. If you do not use your ticket, you must bring it and two copies of your orders. If you were issued an E-ticket and did not travel, you still must bring in two copies of orders to process a refund for the unused ticket.

**Central Issue Facility hours of operation are:**

*Regular business hours:* Mondays, Tuesdays, Wednesdays and Fridays from 7:30 to 10:30 a.m. and 11:30 a.m. to 3 p.m. and Thursdays 7:30 to 10:30 a.m. *Initial Issue/Partial Issue/DX:* Mondays, Tuesdays, Wednesdays and Fridays from 7:30 a.m. to 10:30 a.m. and 11:30 a.m. to 3 p.m. and Thursdays: 7:30 to 10:30 a.m. *Partial Turn-Ins:* Mondays, Tuesdays, Wednesdays and Fridays from 11:30 a.m. to 3 p.m. *All Full Turn-Ins* require an appointment. Please call 524-2006 or 526-2729 to schedule an appointment. For questions, call Stacey Sly at 526-5512.

**Provost Marshal Office will no longer be in- or out-processing soldiers from 11:30 a.m. to 1 p.m.** due to the low number of soldiers serviced during that time. Normal operation hours are 9:30 to 11:30 a.m. and 1 to 4 p.m. Mondays through Fridays. Soldiers requiring any type of emergency clearing will continue to be assisted during that time. For information, call Staff Sgt. Alfred C. Kirk at 526-8289.

## Briefings

**ETS/Transition briefing schedule** — In order for soldiers to receive their ETS orders, the soldier must attend an ETS briefing. Soldiers may sign in at 7:15 a.m. and the briefing begins at 7:30 a.m. in building 1118, room 317. The briefings are scheduled on the following dates: June 19. More dates to follow as the date for those briefings nears. For more information, call the Transition Center at 526-2240/4298.

**Pest control training** — Pest Management Regulation, AR 200-5, requires only certified applicators apply pesticides on military installations. The Directorate of Environmental Compliance and Management has a program that provides military personnel the necessary training and herbicide. Each unit is allowed a maximum of five people for training unless approved through the unit commander to DECAM. Training sessions are scheduled for the first and third Tuesday of every month from 10 to 11 a.m. at building 3711 until all units have received the training.

**The Commanding General's Newcomers' Brief** is the third Wednesday of each month at 1 p.m. at McMahon Theater.

The following are dates for upcoming briefings: Wednesday, July 17, Aug. 21, Sept. 18, Oct. 16, Nov. 20 and Dec. 18.

## Miscellaneous

**Company H, 5th Battalion, 19th Special Forces Group** invites all former members to a reunion Sept. 14 through 15 in Denver.

Those interested should contact [cohthbn@aol.com](mailto:cohthbn@aol.com) or Co. H/5th Bn. Reunion, P.O. Box 31512, Aurora, CO 80012.

**Change of command** — The 43rd Area Support Group will hold a change of command Monday, 10 a.m. at Pershing Field. Col. Sharon Duffy will replace Col. Michael Ivy as commander.

**Change of command** — The 3rd Armored

### Billets off-limits to visitors

Due to the current situation, there are to be no visitors — civilians or family members — in the billets until further notice from the commanding general, according to Command Sgt. Maj. Everette Coppock, Fort Carson and 7th Infantry Division command sergeant major.

Cavalry Regiment will hold a change of command Tuesday, 10 a.m. at Pershing Field.

**Sponsors are needed for students** attending the Preparatory School at the Air Force Academy for the class of 2002-03. The USAFA Prep School is designed to prepare students for admission and success at the academy. If you are a sergeant. 1st class and above, captain or above, GS-07 and above and would like to apply to sponsor one or more of these students, contact Maj. Nathaniel D. Christian at 333-7151 or at [nathaniel.christian@usafa.af.mil](mailto:nathaniel.christian@usafa.af.mil).

**Fort Carson has recently formed** the "Mountain Post Team Military Intelligence Corps Association Chapter." MICA was formed as a worldwide Military Intelligence professional organization to band together intelligence professionals in a forum to share ideas, experiences and to continually improve our profession. The Mountain Post Team chapter had elections of officers at the Wednesday meeting.

The intent of the chapter is to provide a common forum for our MI community to interact, concentrating on professional development forums, new systems developments, integrating the extended Mountain Post family to include 7th Infantry Division SIDE units and local intelligence professionals from the Colorado Springs area.

A quarterly seminar/luncheon will be open to all MI soldiers, retirees and association members. Additionally, each year, in concert with the G2/S2 conference, MICA will host a social and recognize soldiers, retirees and MI professionals with the Thomas Knowlton Award. Contact Lt. Col Patrick Walsh at 524-1959 for more information.

**During the month of June,** the U.S. Army and Fort Carson will offer soldiers and civilian employees the opportunity to join the U.S. Savings Bond Payroll Savings Plan or increase the rate of their current savings.

The payroll savings plan is an excellent way to build a secure future by saving money regularly and automatically.

Information will be readily available for all soldiers through their Unit Personnel Action Centers and for all civilian employees at the Civilian Personnel Advisory Center so that everyone can make an informed individual decision about whether or not to participate in the program. The funds raised by the bonds will contribute to the federal government's overall effort to fight the war on global terrorism.

**Free!** Ensure your infant, toddler or booster seat is installed correctly at our car seat checkpoint event July 2 from 10 a.m. to 2 p.m. at the Post Physical Fitness Center.

**The ammunition supply point, ammunition residue yard and ammunition inspection point** will be closed to all units for a mandatory 100 percent quarterly inventory June 17 to 21. All units must pre-plan their ammunition needs and coordinated with their appropriate ammunition managers prior to this closure. For more information, contact 1st Lt. Snelling at 526-2383.

**Fort Carson Child and Youth Services** is offering a Counselor in Training program for youth ages 12 to 18. This is a volunteer program. Youth will work with children ages birth to 10 years old at Child and Youth Services. The goal of the program is to train, educate and allow youth to interact with young children in the Child Development Centers and the School-age Summer Camp Program. This volunteer program gives hands on experience which allows the youth to develop appropriate practices when working with children. Youth will be required to attend the orientation and future trainings which will cover topics such as safety and health, etc.

Youth and parents will be required to attend the initial orientation Wednesday. For more information call 526-1100/1101.

**Editor's note:** The deadline for submitting "Briefs" to the Mountaineer is 5 p.m. Friday before publication.



Better  
Opportunities  
for  
Single  
Soldiers

**BOSS Executive Council** meets the first Wednesday of each month at 10 a.m. at the Post Physical Fitness Center, building 1829. The post BOSS meeting, for BOSS representatives, meets the second Thursday of each month at Christopher's from 1 to 3 p.m. For information, call 524-BOSS.

# Community

## Lose weight, get fit during National Bike Month

### Compiled by Directorate of Environmental Compliance and Managment

Contrary to popular belief, it is possible to lose weight and have fun at the same time.

A good method? Riding your bike. Recreational bike riding is a safe, low-impact, aerobic activity for Americans of all ages; not only that, it's fun and gets you where you need to go. A 150-pound cyclist burns

410 calories while pedaling 12 miles an hour — almost the equivalent calories of a McDonald's Quarter Pounder. A 200-pound cyclist burns 546 calories while going 12 miles per hour — almost the equivalent of a Big Mac.

### Good reasons for bicycling:

1. Bicycles increase mobility for those who don't have access to motor transport.
2. You get exercise from bicycling.
3. Reduce stress.
4. Bicycling improves cardio-vascular health.
5. Cycling is low impact on the body and the environment.
6. Easier and cheaper parking.
7. Reduce energy consumption (see below).
8. Reduce air pollution.
9. Reduce water pollution — bikes don't drip brake fluid, anti-freeze, transmission fluid, etc.
10. Reduce noise pollution.
11. Bikes' small profiles reduce congestion.
12. Better muscle tone, bone mass improvement, clearer skin.

13. The exercise increases your productivity at work.

### Environmental benefits of bicycling:

Motor vehicles create a substantial amount of air pollution. In fact, transportation is responsible for nearly 80 percent of carbon monoxide and 50 percent of nitrogen oxide emissions in the United States. Not surprisingly, many metropolitan areas do not meet the air quality standards specified in the 1990 Clean Air Act Amendments. Although cars are much cleaner today than they were in earlier years, if total traffic continues to grow, overall air quality will deteriorate. Moreover, every day cars and trucks burn millions of barrels of oil, a non-renewable energy source.

### Pollution Facts:

Motor vehicle emissions represent 31 percent of total carbon dioxide, 81 percent of carbon monoxide, and 49 percent of nitrogen oxides released in the



**Celebrate National Bike Month with a ride through the park.**



# Community Events

## Fort Carson

**Claims against the estate of:** With deepest regrets to the family of Sgt. Bobby W. Crawford, deceased; anyone having claims against or indebtedness to his estate should contact 1st Lt. Rowdy Inman at 526-8264.

**Claims against the estate of:** With deepest regrets to the family of Armond L. Pietrosanti, deceased; anyone having claims against or indebtedness to his estate should contact Capt. Brock G. Larson at 526-9102.

**EEO presents “The secret of adjusting to workplace change.”** Budget cuts, downsizing, even technology; they all have a great affect upon all of us. Ms. Bevans, author, speaker and highly innovative trainer, will discuss the real secret anyone can use to manage the sometimes chaotic, but always stressful, time of organizational change. Come find out what the secret is. This workshop is free.

The workshop is Tuesday at 1 p.m. To schedule seating please call early, because seating is limited.

For more information about this EEO class, contact the EEO at 526-4413

**Colorado Reptile Rescue** will provide a three-hour course on how to handle house calls and other emergency situations involving reptile “pets” that can be, and have been, encountered in this area. Hands-on experience will be provided on how to recognize, safely catch and handle these reptiles in a variety of circumstances. For more information, directions and to register, call Jackie Harris at 748-3780.

**The American Red Cross** has many health and safety classes available including Guard Start, Adult, Child and Infant Cardiopulmonary Resuscitation, Pet First Aid and CPR, and a free layette program. For more information about the classes, contact Theresa Piscal at 524-1279.

**The Preventive Medicine Careline has moved out of the hospital** — The careline is now located on the “belt” in building 2059.

**Tobacco Cessation** — In 1984, more Americans lost their lives to cigarettes than died in all of World War II. You work too hard and matter too much to too many people to let your life be adversely affected by cigarettes and smokeless tobacco. Consider a tobacco-free life. If you feel like you’ve tried everything but are still using tobacco, you are not alone. Be encouraged. The more times a person attempts to quit the more likely he/she will successfully quit for good. The Mountain Post Wellness Center offers a four-week personalized and comprehensive program to assist you. The tobacco cessation program is open to all active duty, family members, retirees and Department of Defense civilians and is free of charge. For more information and to sign up, call the Mountain Post Wellness Center at 526-3887.

**The Pikes Peak**

**Chapter of the American Red Cross offers many training courses** throughout the Colorado Springs Community. Courses offered on military installations require a government ID card to enter the installation. For a list of current dates and times of classes being offered, call 526-2311. Registration can be done over the phone or in person at the main office, building 1526, in the Family Readiness Center.

**Evans Army Community Hospital** offers sports, camp and school physicals for students from kindergarten through college age starting now through September. These are only for families enrolled in TriCare Prime at Evans. To make an appointment call TriCare at 264-5000.

## Around town

**Reunion** — Former members of Company H, 19th Special Forces Group (Airborne) or 5th Special Forces Battalion, 19th Special Forces Group (Airborne) Colorado Army National Guard, are invited to a reunion during the weekend of Sept. 14 and 15 in the Denver area. If interested, send your information to [coh5then@aol.com](mailto:coh5then@aol.com) or mail it to Co. H/5th Bn. Reunion, PO Box 31512, Aurora, CO 80012 or call Lt. Col. Harry Owen at (303) 364-8461.

**Interested in volleyball?** — The Royal Neighbors of America and the United States Professional Volleyball League are pleased to announce that a volleyball day is coming to the U.S. Olympic Training Center July 25 from 9 a.m. to 4 p.m. Participants will learn from professional volleyball players during the event. For more information, call David McMullen at (888) 574-1136 or Naomi Copeland at (800) 627-4762 ext. 386.

**School District 11** Community Education is currently taking registrations for its summer program at the West Center for Intergenerational Learning. Course offers include dance, art, showbiz, gardening, yoga, tai chi chui, managing rental property, young writers’ workshops tennis, drama, guitar, Spanish, Russian, Japanese and more. For a complete listing and more details, call 520-2384 or visit [www.cssd11.k12.co.us](http://www.cssd11.k12.co.us).

**The Armed Services YMCA**, located at 2190 Jet Wing Drive, will be hosting a Father’s Day Picnic June 16, starting at 1 p.m. This is a free event. This picnic is open to military families only. Hamburgers, hotdogs and more will be served. Stick around for a dip in the pool or a game of basketball in the gym. Please call 622-9622 to reserve your spot today.

**Range 19 is open** every day of the week from sunrise to sunset. It is open to all active duty military, reserve, National Guard retired military personnel and family members 10 years old or older. Staff sergeants and retired military personnel who have a Range Control range safety card are allowed to sign the range out from Range Control in building 9550. All weapons must be registered on post. For more information contact Range Control at 526-5698.

**Intramural bowling and golf** teams are looking for representatives from the unit, battalion and brigade level. All representatives should attend meet-

ings to discuss league competition, cost, awards and dates of competitions. The intramural bowling meeting is today at 1:30 p.m. For more information contact Al Gambala at 526-6630.

**Buckle Up America Week** — The Community Health Services, Better Opportunities for Single Soldiers and Drive Smart is sponsoring a child car seat check July 2 at the Post Physical Fitness Center at 10 a.m. to 2 p.m.

**Veterans Day parade** — A parade to honor ex prisoners of war and those missing in action will be held Nov. 9 at 9:30 a.m.

The Grand Marshalls of the parade will be Mario Manfredini, representing veterans of World War II, John Tagert, representing the Korean War, and John (Mike) McGrath, representing the Vietnam War. All three Grand Marshalls are ex prisoners of war.

The theme will be “Honoring Ex Prisoners of War and Missing in Action”. However, all veterans are encouraged to participate and will be honored. For more information, contact Diana D. Ceciliani Executive Director Colorado Springs Veteran’s Day Parade, Inc. at 282-1648 or [vaparade@aol.com](mailto:vaparade@aol.com).

**Would you like to have a word with the installation** commander or the garrison commander? June 20 at 3 p.m. at the Elkhorn Conference Center is your opportunity to ask questions and/or speak your mind with the Installation Commander, Maj. Gen. Charles Campbell and the Garrison Commander, Col. Simeon Trombitas.

The Fort Carson Community Town Meeting is changing because of you. We are holding a daytime meeting because you asked for it. We will have other key commanders, directors and managers available from Medical Activity, Dental Activity, the Commissary, AAFES, Army Community Service, Provost Marshall, Directorate of Community Activities and the Directorate of Public Works.

This is an informal relaxed environment conducive to two-way communication. It provides an opportunity to find out how issues are being resolved; how long construction projects are going to take and what’s happening on Fort Carson in the way of programs, events and promotions. Most questions or problems are dealt with on-the-spot.

Door prizes will be sponsored by AAFES for those in attendance. Also free childcare will be provided on site. If you children are not enrolled in the Child Development Centers, you only need to bring a shot record.

For more information or if you want to submit a topic that you would like to see discussed, please contact Debbie Herrman at 524-0707.

## Annual leave needed

Civilian employees who would like to donate annual leave under the “Voluntary Leave Transfer Program” to sick or injured employees can refer to Fort Carson Regulation 690-4.


Leave donation forms may be obtained from administrative/personnel sections. Completed forms should be forwarded to leave-approving officials for approval, then to the customer service representative at the Directorate of Resource Management.

Annual leave donors are needed for:

**Carolyn Harris and Candice Miller**, both employees of the Dental Activity, need annual leave donations to help cover absences due to the exhaustion of available paid leave.

For information about the above-listed DENTAC employees, contact Bonny Edwards, 526-2006 or 526-2877.

**J’Demetria Powell, Sharon Trigg, Betty Meek, Deeanne K. Lau, Zarene DeKraai, Tania M. Sloan, Maxine M. Featherston, Normita T. Reyes, Gilbert J. Russi, Ana L. Foschi, and Tracie S. Everett**, employees of the Medical Department Activity, need annual leave donations to help cover absences due to the exhaustion of available paid leave. For information about the above-listed MEDDAC employees, contact Ruben Espinoza, 526-7246.



**Army Community Service**  
**Family Readiness Center**  
719-526-4590

# A Parents Journey

Innovative Parenting Classes Designed to Strengthen the Entire Family

## 1st Thursday of the Month

Held at the Family University, Bldg. 1161, corner of Ellis & Berkeley

### 6:30-8:30pm

July	No Class/Independence Day
August	Building Positive Sibling Relationships
September	Super Skills For Back to School
October	Stressed Out
November	Routines that Rock
December	Gifts That Last Forever

FREE childcare available. Please contact ACS at 526-4590 for childcare reservations.



*Bike week June 22-30*

# Learn about benefits, safety tips of biking during bike week

**Compiled by Directorate of Environmental Compliance and Management**

Colorado Springs is gearing up for Bike Week 2002. Ridefinders is sponsoring a week of activities June 22 through 30, providing area residents the opportunity to learn about the benefits and fun of bicycling.

The Bike Week schedule includes a variety of bicycling-oriented events:

June 22 — A free Cycle Safety Circus for Kids from 9 a.m. to 1 p.m. is at the REI parking lot, 1376 E. Woodmen Road.

June 23 — Startlight Spectacular a 3:00 a.m. ride that begins at Garden of the Gods that benefits

the Trails and Open Space Coalition.

June 24 — Commute 101 from 4:30 to 7:30 p.m. at the downtown YMCA. This free event teaches bicycle safety for commuters. Route information, clothing, gear, health information, speakers and low-cost bike tune-ups will be available at the event. Participants get free pizza, prizes and the opportunity to win a loaded commuter bike or \$400 value package of clothing and gear.

June 26 — Breakfast and Bike to Work Day starts at 6:30 a.m., downtown. This gathering of bicyclists will celebrate riding to work in the community. A free breakfast is available and prizes. Call 385-7431 for reservations.

June 29 — Bicycling for Beginners starts at 9 a.m. People can learn the basics about their bikes and go for a short ride during this free event. (Children older than 12 and adults need to bring their bikes). Call 385-7431 for reservations and location.

June 30 — Bike Rides with the Colorado Springs Cycling Club (all levels/speeds) starts at 1 p.m., call Dave at 380-7635 for details.

For more information on Bike Week, to register for events or to find out about Ridefinders, call 385-7431.

**Editor's note:** *Information provided by Ridefinders*

## Bike month

**From Page 13**

- Sixty percent of the pollution created by automobile emissions happens in the first few minutes of operation, before pollution control

devices can work effectively. Since "cold starts" create high levels of emissions, shorter car trips are more polluting on a per-mile basis than longer trips.

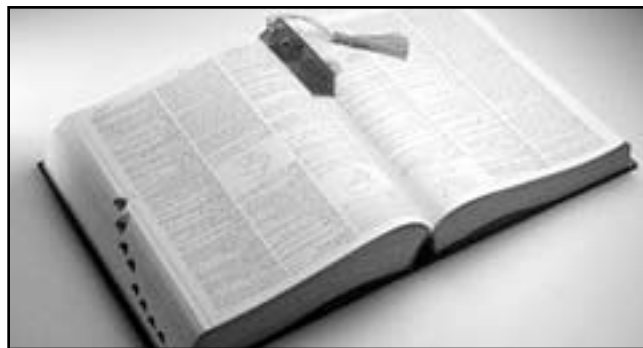
- A short, four-mile round trip by bicycle keeps about 15 pounds of pollutants out of the air we breathe.

(World Watch Institute)

- Air pollution contributes to the deaths of 60,000 people nationwide. In urban areas with poor air quality, asthma is becoming a more significant health concern. (Harvard University School of Public Health). Fort Carson community members

interested in losing weight and improving their fitness levels can contact the Mountain Post Wellness Center for information at 526-3887. All services are free of charge.

For more information on national bike month or about the Ridefinders organization, call 385-7431.



## Chapel

**Youth of the Chapel** — Activities for Protestant and Catholic Middle School and High School Youths take place each Sunday at 1:30 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet at 10:45 a.m. Sunday at Soldiers' Memorial Chapel.

## Vacation Bible School 2002 Monday to June 21

Registration is full. Those who are preregistered are asked to check in at the Chapel between 8:45 and 9 a.m. Monday.

## Lutheran worship

The Liturgical Protestant Service that has been meeting at Provider Chapel at 10:45 a.m. on Sundays is now "Lutheran Worship." While the congregation uses The Lutheran Book of Worship (the "green book"), the nature of the service is essentially the same as previously celebrated, that is, it follows the historic form and substance of Holy Communion as handed on through the years in the liturgical tradition. The Eucharist will be offered weekly. All members of the Mountain Post Team who are of the Lutheran faith, those interested in the Evangelical Lutheran Church, or those who prefer traditional worship, are cordially invited to attend. If you have questions, please call Chap. John Bauer at 526-0480 or Chap. Leif

## Chapel Schedule

### ROMAN CATHOLIC

Day	Time	Service
M-W-F	noon	Mass
Tues., Wed., Thurs.	noon	Mass
Saturday	5 p.m.	Mass
Sunday	8 a.m.	Mass
Sunday	9:30 a.m.	Mass
Sunday	10:45 a.m.	CCD
Sunday	11 a.m.	Mass
Sunday	12:15 p.m.	Mass

Sunday	8 a.m.	Divine Liturgy
--------	--------	----------------

Sunday	9 a.m.	Protestant
Sunday	9 a.m.	Protestant
Sunday	9:30 a.m.	Protestant
Sunday	11 a.m.	Protestant
Sunday	11 a.m.	Prot./Gospel
Sunday	9:30 a.m.	Sun. School
Sunday	9:30 a.m.	Sun. School
Sunday	6:30 p.m.	PYOC

Sunday	10:45 a.m.	Protestant
--------	------------	------------

### Chapel

### Location

Healer	Evans Army Hospital
Soldiers'	Nelson & Martinez
Soldiers'	Nelson & Martinez
Prussman	Magrath & Titus
Soldiers'	Nelson & Martinez
Soldiers'	Nelson & Martinez
Healer	Evans Army Hospital
Provider	Barkeley & Ellis

### EASTERN ORTHODOX

Soldiers'	Nelson & Martinez
-----------	-------------------

### PROTESTANT

Healer	Evans Army Hospital
Provider	Barkeley & Ellis
Veterans'	Magrath & Titus
Soldiers'	Nelson & Martinez
Prussman	Barkeley & Prussman
Soldiers'	Nelson & Martinez
Prussman	Barkeley & Prussman
Soldiers'	Nelson & Martinez

### Lutheran Worship

Provider	Barkeley & Ellis
----------	------------------

### JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

### WICCA

2nd and 4th Tuesday
---------------------

6:30 p.m.
-----------

Spiritual Fitness Center	Barkeley & Ellis
--------------------------	------------------

Ms. Costantino-Mead/ (303) 428-7703
--

For additional information, contact the Installation Chaplain's Office, building 1550, at 526-5209. Normally, free child care is available during on-post worship services.

**Daily Bible readings:** In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

**Friday, June 14 – Psalms 12 & Judges 1-3**

**Saturday, June 15– Psalms 13 & Judges 4-6**

**Sunday, June 16– Psalms 14 & Judges 7-9**

**Monday, June 17– Psalms 15 & Judges 10-12**

**Tuesday, June 18 – Psalms 16 & Judges 13-15**

**Wednesday, 19 June 19- Psalms 17 & Judges 16-18**

**Thursday, June 20– Psalms 18 & Judges 19-21**

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations. Please pray this week for the following: Unit: For the soldiers and leaders of the 10th Mountain Infantry Division (L), headquartered in Fort Drum, N. Y. Army: For the soldiers, noncommissioned officers, and officers of the Ordnance Corps. Pray for them in their mission of supporting combat operations and response to diffuse potentially harmful situations. State: For the soldiers and families from the State of New Jersey. Pray also for Gov. James E. McGreevey, the state legislators and municipal officials of the Garden State. Nation: For the fathers in celebration of Father's Day, (June 16). Pray for encouragement of all fathers to spend some quality time with their children at every opportunity. Religious: For all soldiers and families from The North American Baptist Conference. Pray also for all military chaplains endorsed to serve on behalf of this community of faith. For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's website at [www.usarmychaplain.com](http://www.usarmychaplain.com)

# Chaplain's Corner

*A day for dad*

## Honor both your Father in heaven, earth this Father's Day

**Commentary by Chap. (Maj.) Duane Kincaid,  
Soldiers' Memorial Chapel**

"Were you raised in a barn? Close the door."  
"I'll tell you why. Because I said so, that's why."  
"No, we're not there yet." "You think I'm made of money? When I was your age ..."

I can still hear my Dad saying phrases like these. It must be part of fatherhood training to learn the proper well-tested statements that are sure to confuse and infuriate children. What children don't know is that most fathers don't have a clue ... they never went to fathering school. We fathers generally stumble and bumble our way through fatherhood using what our fathers used on us.

In the sixth chapter of Ephesians, it says, "Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord." Don't exasperate your children, isn't that backwards? Children exasperate us. Their music, their talk, their dress ... almost everything they do exasperates us. Maybe that's the way it was meant to be, maybe our job as fathers is to be confused and exasperated most of the time. In other words, "clue-

less." I've been a clueless dad more than once, but we always seem to work things out in the end. We as fathers probably do exasperate our children more than we know. They often see us as "old fashioned," or too strict, but the fact of the matter is, we love our children and want to protect them.

We don't want them to make our mistakes, we want them to have it better than we had. Besides, it is our job to impart fatherly wisdom, or at least our perception of that wisdom. I'm convinced that our biggest job is simply to love our children, give them of our time and attention and to teach them about our faith.

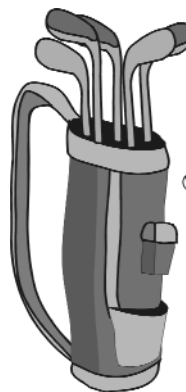
Our faith in God makes our family strong and able to endure the hardships, troubles, and crisis of life. A strong family equates into a strong communi-

ty and a strong nation. It is the father's task to not only protect and provide for his family ... he is also charged by God to be the spiritual leader of his family. Face it, being a father is an awesome job — one we probably aren't really prepared to do — but in

God and through our faith, there is help. Help to be the kind of father our children need, help to be the kind of husband we want to be, help just to make it through the rough spots.

There are lots of hard questions in life that we may not be able to answer for our children, but the best answer is, "The Lord." If we teach our children the ways of God, we can't go wrong. We may

still be "clueless," about a lot of things, but one thing is sure — God loves us. So maybe it is fitting that we have a day for dad, not only to honor our fathers, but to praise our Father in heaven.



*Happy  
Father's  
Day*



# Turkey Creek Ranch Volksmarch raises money for charity

by Sgt. Chris Smith

## 14th Public Affairs Detachment

Soldiers and their family members gathered Saturday morning at Turkey Creek Ranch to participate in a Volksmarch.

The march, put on by Staff Sgt. Daniel Levy and Morale Welfare and Recreation, raised more than \$100 for charity while providing the participants with a chance to get outside and meet new people.

The event encompassed two loops around the Turkey Creek Ranch area for a total of approximately 12 kilometers.

"I was really pleased by the turnout," said Levy. "There were people here as early as I was."

Levy said he was concerned about the fires possibly interfering with the march, but in the end they didn't, and he said the day was perfect.

The march was the first of its type this summer and helped to fill the hole that Kit Carson Week left when it was canceled.

Levy, who is retiring soon, said this was a perfect way to give back for a great career.

Levy had held Volksmarches before in Korea and Fort Riley, Kan. Each time, he said the soldiers and families responded well, so he held one here.

The planning for the march began in January and it took a lot of help from MWR personnel, according to Levy. With their help, he was able to provide refreshments and a handsome medal of the Mountain Post to the participants for a fee of \$5 a person.

The march started at approximately 8:30 a.m and participants continued to march until the last start at 2 p.m.

Though this will be the last march Levy orga-



Photo by Sgt. Chris Smith

**Staff Sgt. Daniel Levy, march organizer, hands out medals to participants.**

nizes before he retires, he hopes that others will continue to show interest and perhaps organize one of their own.

## Protect yourself from freeloaders

# Don't become a victim of tick-borne infection, diseases

by Capt. Mac Rainey

Evans Army Community Hospital

Ticks are the ultimate freeloaders. They lurk in the tall grass waiting for you, the unsuspecting and unprotected free meal. They hitch a free ride (and a free meal) on the family pet and sneak into your home. To add insult to injury, many ticks may transmit disease to you or your loved ones. Luckily, protecting you and your family from the ravages of tick-borne disease is pretty easy. The Colorado Department of Public Health and the Environment recently shared information describing various tick-borne diseases and what we can do to prevent infection.

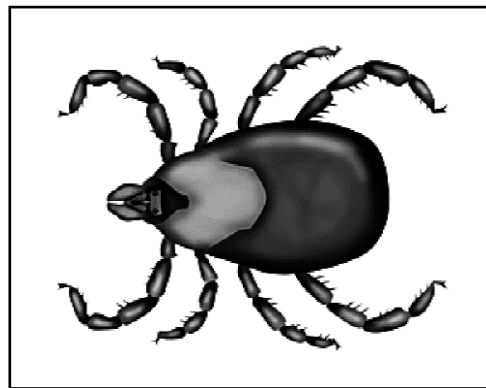
## Colorado Tick Fever

Ticks transmit disease to humans while taking a blood meal. In Colorado, the most common tick-borne disease is Colorado Tick Fever. The American dog tick and the Rocky Mountain wood tick both transmit Colorado Tick Fever. About 100 Colorado residents report Colorado Tick Fever infections each year. Many more people probably get infected but do not realize nor report their illness. Symptoms begin four to five days after infection and include nausea, fever, headache, body aches, abdominal pain and lethargy. The symptoms last for four to five days then seem to go away but come back again for two to three more days. Complete recovery takes up to three weeks. Colorado Tick Fever is an acute viral illness with no effective treatment or vaccine. People with

Colorado Tick Fever must simply wait out the disease to get better.

## Rocky Mountain Spotted Fever

If not caught and treated, Rocky Mountain Spotted Fever is potentially deadly. Colorado reports about two cases per year. Symptoms begin three to 14 days after the bite from an infected tick. People who remove ticks from animals may also get infected if they crush the ticks between their fingers. The symptoms are "flu like" and include: high fever, headache, muscle aches and chills. A few days after the symptoms begin, a rash appears and quickly spreads over the entire body. Rocky Mountain Spotted Fever is treatable if diagnosed early enough.



## Lyme Disease

To date, the Colorado Department of Public Health and Environment has not identified anyone contracting Lyme disease from ticks in Colorado.

## Other tick-borne disease

Certain ticks in Colorado may also transmit Tularemia and Relapsing Fever. Both diseases are relatively hard to diagnose without laboratory analysis. The symptoms of each may mimic other diseases. The best defense against any tick-borne disease is to protect yourself from the initial bite.

### Remember:

- Keep your pets tick-free.
- When outdoors in areas with high grass, wear light-colored clothing so you may see the ticks more easily. Tuck pant legs into boots or socks.
- Use an approved repellent and follow the directions when applying. Check yourself frequently for ticks. Prompt removal of attached ticks helps prevent disease transmission. For example, a tick must attach for several hours to transmit

enough virus to cause Colorado Tick Fever.

If you find a tick, remove it properly to minimize the risk of illness.

- Use tweezers to grasp the tick at the surface of the skin. If tweezers are not available, use a tissue or paper towel to protect your fingers. Remember, exposure to the tick's body fluids may lead to infection.
  - With a steady motion, pull the tick straight out. Do not twist or jerk the tick. You may cause the mouthparts to remain in the skin.
  - After removing the tick, disinfect the bite site and wash your hands with soap and water.
- Common sense and a little prevention can help you and your family avoid disease-ridden, good-for-nothing, free-loading ticks all year round.



# Outdoor Recreation: Oh, the things you could do



Photos by Spc. Jon Christoffersen

From pop-up tent trailers to gas stoves, the Outdoor Recreation Complex, located at building 2429, has everything anyone could need for a weekend outing into the Colorado high country. Call 526-1993 or stop by the office for more information about equipment rental.

by Spc. Jon Christoffersen  
Mountaineer staff

Located in building 2429, the Outdoor Recreation Complex has equipment and activities to keep almost everyone busy this summer.

For those who want to spend a weekend, or longer, at one of Colorado's many campsites, Outdoor Rec. has camping gear a plenty. From pop-up tent trailers to sleeping bags and stoves, Outdoor Rec. can equip military members and family members with the gear needed for a camping trip. Now with the fire bans in affect, fuel stoves are the only source of cooking allowed on state and federal land in Colorado.

For sleeping while in the wild, Outdoor Rec. has camp trailers, which can be rented for a day or a week. An eight-foot pop-up trailer, which sleeps four, costs \$30 a day or \$125 a week. A 10-foot pop-up trailer, which sleeps six, is \$38 a day or \$150 a week. Outdoor Rec. personnel advice that reservations for trailer rentals is strongly recommended.

For those who like to rough it a little more than a trailer, Outdoor Rec. also has two- to three-person and family-sized tents for rent. Many other pieces of camping equipment are also available.

For those who want to spend a day soaking up the sun on a Colorado lake, the Outdoor Rec. complex has boats and other water toys available for rental. The complex also has fishing poles for rent if someone wants to catch a fish to cook on a rented gas stove.

For picnics and other summer activities, the complex has many items to make a hot summer day more enjoyable. From a trailer-mounted dunking booth to mountain bike rentals, the complex has equipment for almost any imaginable outdoor activities.

A complete list of rental equipment and prices is available at the complex.

The complex also has many activities scheduled for the summer months, on and off Fort Carson.

Full-day rafting trips are scheduled for June 21, 22, 27, 29 and July 6, 12, 13, 18, 20, 25 and 27. The cost for full day trips is

\$35.

Half-day rafting trips are \$25 and are scheduled for June 20, 23, 26, 28, 30, July 5, 7, 11, 14, 17, 19, 21, 24, 26, 28 and Aug. 1, 2, 3, 4, 7, 8, 9, 10, 11, 14, 15 and 16.

An introduction to rappelling class is scheduled for July 7, Aug. 11 and Sept. 14.

Outdoor Rec. also has a guided bike and climbing trip to Moab, Utah, scheduled for Sept. 27 through 29 for a cost of \$95.

For those who would like to learn to fish, or spend time with their family fishing, the complex offers numerous fishing classes and family day-fishing outings.

For those who want to spend time on a river without pulling fish out of it, the complex offers kayaking clinics.

For more information about the many activities offered through Outdoor Rec. call Ted Brineger at 526-8353.

Before the fall hunting season, Outdoor Rec. is offering Hunter Safety class at a cost of \$10. The safety class is a three-day long clinic from 5 to 9 p.m., held once a month. To register for the Hunter Safety class, call 526-2083.

The Information Tickets and Registration office is now located inside the Outdoor Recreation Complex. ITR has many tickets to summer activities available at a discounted rate.

ITR has one-day passes to Six Flags, Elitch Gardens for \$20.50, Renaissance Festival tickets for \$12.95 for adults and \$7 for children, Waterworld tickets for \$17.50, Ocean Journey tickets, \$12.50 for adults, \$5.50 for children, and senior/youth tickets for \$10.50, Joy Rides three-hour access pass for \$10, Sky Sox general admission tickets for \$3.50, adult upper reserved for \$4.50, and child upper reserved for \$4.25, Cave of the Winds, \$7.50 for a \$10 coupon, and Royal Gorge tickets, \$13.50 for adults and \$11.50 for Children.

Outdoor Rec. has many options to help keep you busy this summer, just call or stop by to make plans for summer fun.

## Outdoor Recreation Complex

- Equipment Rental Center
  - Information, Ticketing & Registration
  - Mountain Post Outfitters
  - RV Storage Facility
  - Reservations & Information
- Iron Horse Park, Archery Range, Camp Falcon, Alpine Tower

2429



The Outdoor Recreation Complex has many boats, from ski to fishing boats, available for rental



The Alpine Tower at the Outdoor Recreation Complex has two towers climbers can test their skills on.



The Outdoor Recreation Complex has barbecue grills and pig roasters available for those who want to cook on an open flame.



# Carson veteran gives new soldiers run for their money

by **De Juana B. Lozada**  
**Fort Carson Morale Welfare and  
Recreation Corporate Sponsorship  
Office**

Whoever said that youth was wasted on the young obviously hasn't met Staff Sgt. Raphael August.

That's because at age 42, August, a 15-year veteran assigned to the 2nd Battalion, 91st Training Support Battalion on Fort Carson, is currently considered one of the fastest men in the Army — regardless of age.

According to U.S. Track and Field Association, August is currently ranked seventh in the world for the 200-meter race and eighth in the world in the 100-meter contest.

When asked what keeps him at the top of his game, August responded, "I spend a lot of time competing against younger runners — some of them as young as 19. Running against them gives me a lot because it reminds me that no one can beat me but me. Whatever I put in is what I'm going to get out. That's true for any runner, and I try to help the younger runners to learn and remember that as well."

August started his running career in 1987 after brief stints as a semi-professional football player for the Oklahoma Outlaws, the L.A. Express and the New Orleans Breakers. But once he joined the military, he said he had a hard time adjusting. "I was no longer able to play contact sports after

I joined the Army, so I switched to track and field," he said.

He ran in his first track meet in 1988 in the Sub-Master division for ages 28-34 after being assigned to 7th Corps in Bamberg, Germany. It was during this time that he became the champion in the long jump and in the 100- and 200-meter races. "I was really happy to find out that the German community really supported track and field," August said.

Although his popularity in the track and field communities began to soar, August said he wasn't able to compete for a spot on the All-Army Track team. "I just couldn't meet the criteria because I was constantly being deployed or was always doing a permanent change of station move at the wrong time," he said.

In 1993, at the age of 35, August found himself stationed at Fort Stewart, Ga., where there was not really an established track and field program. Undeterred, he became instrumental in organizing a yearly post track meet for a coveted Commander's Cup. Once again competing against younger soldiers, August took second place overall during the first year of the competition. From 1995 to 2001, he was reassigned to the German theater and participated in the Masters Division for ages 35 and up for the first time. In his first meet, August broke a 12-year-old 100-meter record with an 11 minutes 27 seconds

posted time and nearly broke the 200 meter during the same event with an impressive 22 minutes 99 seconds. (In 2000, August also posted winning times in the North Bavarian and German National championships that same year).

August transitioned into a coaching career in 2001 when he became an assistant coach for distance runners at the All Army Camp. In his free time, he continued to learn more about the master's category of track and field by comparing his time against runners listed in that group. But, since all their meets took place in the United States, August was unable to attend.

During the indoor season for 2002, he managed to break the Coaches-Over-40 record in the 200-meter with a 23 minutes 48 seconds time. This accomplishment propelled August to 11th in the world.

The achievement gave August the motivation to compete in more collegiate meets against college students. "Doing this really helped me to improve my times in the 100- and 200-meters," he said.

Today, August is ranked seventh in the world for the 200-meter and eighth worldwide for the 100-meter and is currently training for the Nationals scheduled to take place in Bangor, Maine, at the state university Aug. 8-12. "There are a lot of college meets between now and then," he said. "I

hope to run in the Midwest Region Masters and break more records in my age category in July."

Most of the money it takes to compete in these races comes right out of August's pocket. And, while he says that running with a club helps out by taking care of entry fees, he must still find a way to pay all his own travel and meal expenses.

"Ideally, I'd like to find a company who would be interested in sponsoring me. The World Class Athlete Program is run by the Army and is geared to only helping soldiers meet in the World and Olympic games. Unfortunately, for reasons I can't explain, Masters don't qualify — even though we have the same level of competition for our age groups," he explained.

According to August, he requires about \$25,000 every year to compete in all the events offered throughout the U.S. The dollar amount rises as he competes internationally, as the Senior Olympic Games, the pinnacle event for a runner in his age category and beyond, will be held in late 2002 in Australia.

When asked about his plans for the future, August said, "I'm looking forward to being a high school or college track and football coach.

It's important for me to give back. I didn't have anyone to teach me, but now that I know, I want to share my knowledge with younger athletes."

# Need some nutritional help? Check how WIC might help

by 1st Lt. Renee L. Busse, Registered Nurse,  
Community Health Nursing

If you are pregnant or have children under 5 years old, are a first time mother or know someone who fits in this category, please read on. In these economic hard times.

This program may be the light at the end of the tunnel. The program the Women, Infant and Children program. Before you stop reading please note there are new guidelines; you may now qualify.

Let me answer some frequently asked questions about WIC:

## What is WIC?

WIC is a special supplemental nutrition program for women, infant and children that provides foods to supplement the regular diet of pregnant women, new mothers, infants and children under the age of five who meet state income guidelines and who qualify as "nutritionally at risk," based on medical assessment. Participants receive nutrition education and referrals to additional health services.

## Why do I need WIC?

If you qualify, the purpose of the WIC program is to prevent health problems and to improve the health of program participants during critical times of growth and development. WIC has a commitment to help participants improve their health status through better nutrition.

## What does WIC provide?

WIC provides quality nutrition education and services, breastfeeding education and support, monthly supplemental nutritious foods and screening and referral services to prenatal and pediatric care services.

## How do I qualify for the WIC program?

To qualify for the WIC program, gross family income cannot exceed \$33,485 annually for a family of four, or the applicant must be enrolled in Medicaid.

In addition, a candidate for the program must show nutritional risk, which is determined through screening heights and weights, blood, diet and other factors. WIC also counts an unborn baby as a household member.

## So you qualify for WIC, now what?

Tuesday from 7:30 to 10 a.m. WIC program representatives will be on post at McMahon Theatre next to the post office. WIC staff members will answer questions and will do a pre-financial screening for all who are interested in their services. All applicants need is paperwork showing the family's total household income (LES, pay stubs, child support, bonuses, unemployment, etc.) and a picture ID.

Anyone unable to attend Tuesday's session can call the health department to get more information. The El Paso County Department of Health and Environment phone number is 578-3199 or 1st Lt. Renee Busse 526-6132.

## Income Eligibility Guidelines

Information is broken down by:

- Number of people in household
- Gross household income
- Annual income
- Monthly income
- Weekly income
- Each additional household member add:  
+ \$5,698  
+ \$475  
+ \$110

Historically E-4 and below are usually eligible.

1 person	2 people	3 people
\$16,391	\$22,089	\$27,787
\$1,366	\$1,841	\$2,316
\$316	\$425	\$535

4 people	5 people	6 people
\$33,485	\$39,183	\$44,881
\$2,791	\$3,266	\$3,741
\$644	\$754	\$864

7 people	8 people
\$50,579	\$56,277
\$4,215	\$4,690
\$973	\$1,083



# Sports & Leisure

## Event of the Week

### Youth center opens youth baseball season

by Walt Johnson  
Mountaineer staff

A beautiful sun drenched day greeted baseball players and their families as the 2002 post youth baseball season kicked off Saturday at the youth center baseball fields.

Talk about getting a season off on the right foot, White Sox coach Neal West did just that with his team. West said the biggest thing the children can learn at this stage of their development is how to play the game, have fun and understand what the competitive levels will be as they move on to higher levels of baseball.

At this point in the game he is letting his 7-to-9 year old warriors know that the biggest thing for them right now is to have fun and learn the game. When two of his players asked him who was winning the game after the first two innings, the White Sox were hitting the ball all over the place and had scored a lot of runs, the coach gave an answer that should be taped to the wall in every locker room for 7-to-9 year olds in the country.

"Both teams are winning this game because both teams are having fun,"

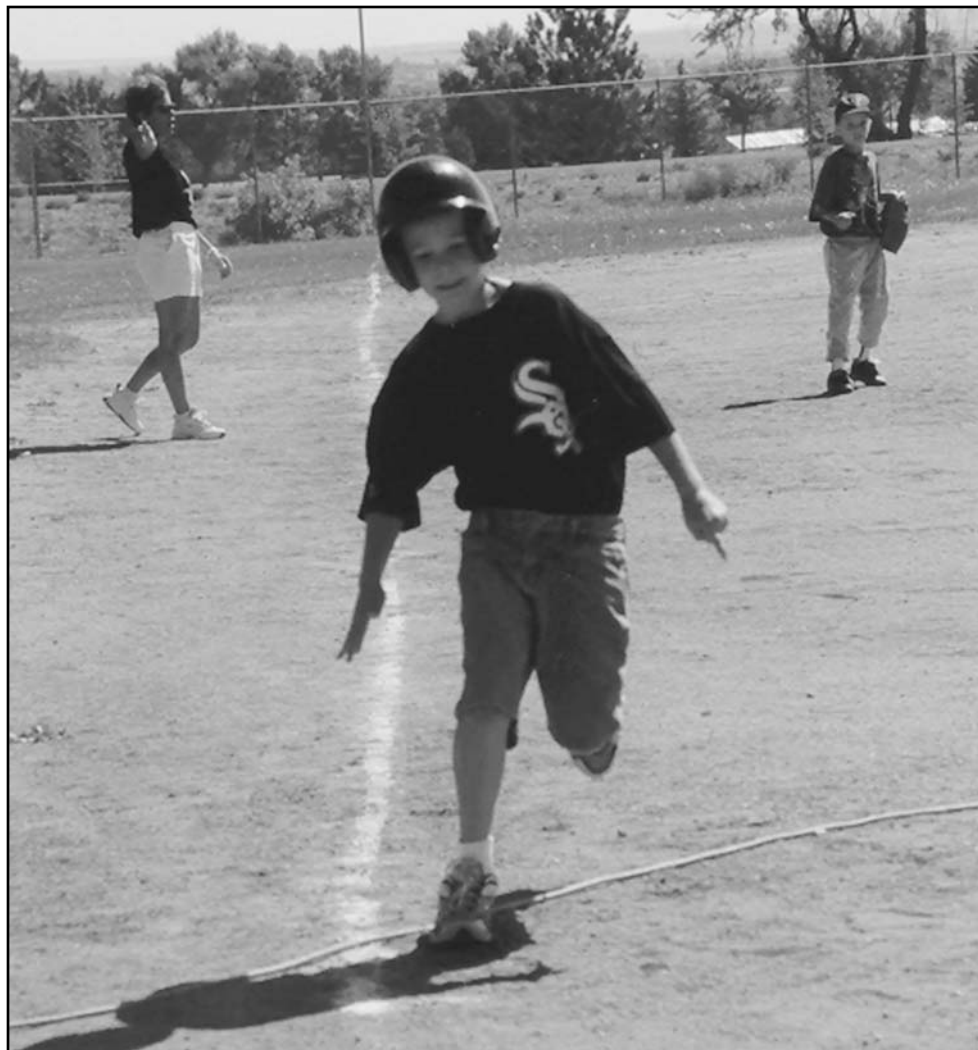
West told his charges.

"I began my coaching career with a soccer team and our motto was there were no winners and there were no losers. When people would ask me the score of the game I would just tell them that we tied because we both had fun. I kept believing in this philosophy because it is something the kids understand and they relate to and it helps the kids develop sportsmanship."

West said the time for the children to play the game competitively will come soon enough, which is why he also believes in teaching the children what competition one day will be like.

"Baseball is a competitive sport. As the kids get older it will get more competitive and they need to learn that so we teach them that as well. Our first goal here is to have fun and I told the kids that our first day of practice. Our second goal is to learn to be good sportsmen and our third goal is to learn the game," West said.

Youth baseball games are played every Saturday from 9 a.m. to 2 p.m., featuring teams from the post and the Colorado Springs community.



Photos by Walt Johnson

Patrick Skamarak heads for home plate Saturday at the post youth center baseball complex.



Fort Carson Marines player Brandon Harvey takes a big cut at a pitch during his team's game Saturday.



Patrick Kelley, right, helps his son Brian Keen, put on the catcher's equipment prior to Keen's Saturday game.

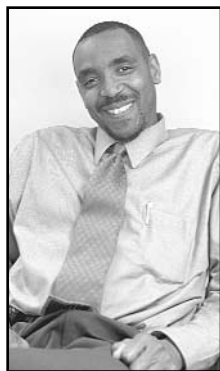


On the Bench

# Soldier doing well after breaking leg during softball game

by Walt Johnson  
Mountaineer staff

*Sometimes the news comes to you and sometime you have to go to the news. Its all fun, any way you look at it, gang.*



Johnson

**I'm standing out on the softball complex Monday** trying to dig up some good tidbits to pass on and got more than I bargained for.

On an absolutely harmless looking play, Daryle Hamilton, Howitzer Battery, 2nd Squadron, 3rd Armored Cavalry Regiment shortstop, took a throw from the outfield and turned to attempt to tag a runner at second base.

After turning, Hamilton's ankle caught on the ground and the result was a broken ankle that I will avoid describing to you. Needless to say I haven't seen many sports injuries to the extent of Hamilton's but more on that later.

Hamilton's injury happened so uneventfully that you first thought he

was joking, according to teammates close to him at the time of the injury.

Hamilton, after realizing he had broken his ankle, turned to his teammates calmly and advised them he had broken his ankle. One teammate said he told them so matter of fact that when he fell to the ground, they thought he was playing a joke on them.

After seeing the ankle his teammates quickly realized this was no joke and went to their teammate's aid.

As Hamilton and the two teams, fans and recreation staff waited for the ambulance to come, Hamilton showed why the U.S. Army has the best and most courageous soldiers in the world.

Hamilton, at times in immense pain, kept his spirits and those of his teammates, who were hurting for him, high, as he made one joke after another, including asking for some cold water (or something like that) that broke up the entire group of people.

When the Emergency Medical Technicians arrived and did what they could to make him comfortable, Hamilton left the field in the ambulance with only one request, that



Photo by Walt Johnson

## *Bring the pitch up...*

**Fort Carson's Elaine Aragon looks at a low pitch during the Lady Mountaineers Colorado Springs recreation game June 5. The Lady Mountaineers are in action Wednesday at 6 and 9 p.m. at the Sky View Sports Complex in Colorado Springs**

## Bench

From Page 20

someone let his girlfriend know what happened, and one memorable moment for this sports writer. Hamilton showed just how tough an Army soldier is in the face of adversity. A salute to you for representing soldiers the world over as the true professional you are.

**The closer it gets to the race, the more people are coming up to me to talk about the Susan G. Komen Breast Cancer Foundation "Race for the Cure."**

The race will run Aug. 11 at Falcon Stadium on the Air Force Academy. People I have talked with tell me this race will be one of the memorable things anyone will ever do in their lifetime and I look forward to seeing if they are correct. Race organizers are looking for "race day" volunteers as well as people interested in serving on committees to help organize the race.

If you would like to volunteer to help in this year's race contact Kristen Bowen at 526-9245 or call the "Race for the Cure" Hotline at (719) 476-1675.

**At press time, (Tuesday night) it looked like the Detroit Red Wings were about to wrap up the Stanley Cup championship.**

I know for a fact I was rooting

against the Red Wings more than I was rooting for the Carolina Hurricanes to win the cup. Alas, I, and others like me, will have to live with the realization that the Red Wings are going to be the champions of the NHL. Of course if Carolina won its game Thursday in Detroit (wink, wink) all bets are off.

**Speaking of the inevitable, the Los Angeles Lakers should have won its third consecutive championship by the time you read this.**

Even if the New Jersey Nets have found a way to push this series to a fifth game tonight, do you really believe this Nets team has a prayer of beating the Lakers? (Stop that right now, you know they don't!)

**Still haven't made up your mind about the outdoor swimming pool program at the post swimming pool?**

Listen to what Brandy Mitchell, who has participated in the indoor pool program since its inception, thinks of the activity.

"We were disappointed that we had to wait a week between the time the indoor pool closed and the outdoor pool opened because we love the program and we like to swim.

We just like the program because it always is such inexpensive great family fun," Mitchell said. The outdoor swimming program is held each Thursday from 6 to 8 p.m.

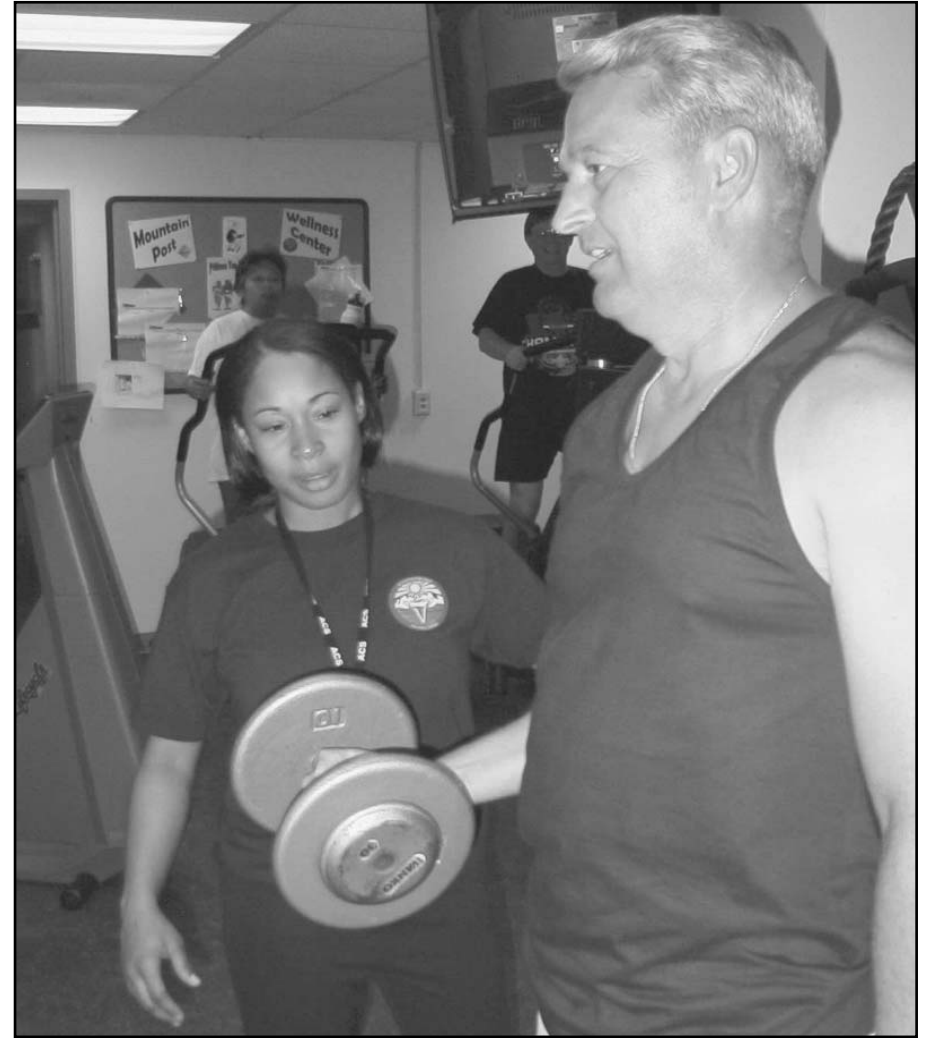


Photo by Walt Johnson

## One more time ...

**Sherwanda Bell, Post Wellness Center fitness technician, ensures Jerry McMinn has the proper form as he does curls at the wellness center June 5.**

# Mountaineer Sports Spotlight

## Carson golf course celebrates 30th anniversary with tourney

by Steve Barness

### Fort Carson golf course

Saturday was a picture perfect day in Colorado Springs, with the sun shining and not a cloud in sky.

It was also a day when the Fort Carson golf club (Cheyenne Shadows golf course) and Hooters' of Colorado Springs combined to hold a significant event in honor of the golf course's 30th anniversary.

To celebrate the 30th anniversary of the golf course, events have been planned throughout the summer. One of those events was a combined sponsored event by the golf course and Hooters that gave many of the best golfers in the Colorado Springs community the chance to tee off on one of the best golf courses in the area.

The golf course sponsored the golf match and the community neighbors from Hooters (four of the restaurant's representatives along with two managers) made the day an event that was fun filled for all.

The appearance by the Hooters representatives was made as part of the restaurant's community outreach program. Hooters' Corporation sponsors hundreds of events throughout the calendar year.

The idea for the joint effort came about while Bill Fumai, Fort Carson's Golf Pro, and others attended a Professional Golf Association show this past winter.

"By having a partner like Hooters' we felt certain we could draw large numbers of soldiers to the tournament. The post golf council, which had its own tournament scheduled for this time, joined the party as well, and also became a partner in the event," Fumai said.

The three-man scramble was a full field of 110 players, and included every eligible category of player authorized. Over \$2,000 in cash prizes were awarded, plus hole prizes, door prizes and a great ditty bag provided by Hooters, including logo towels, hats and divot tools. Team photos with the representatives were also included in the package. After the golf, the party continued with a feast of "Hooters hot wings" and ice cold beverages.

"This event was all terrific; it was great for the us, great for Hooters, great for the post and Colorado Springs relationship, but most of all, the soldiers had a blast. We're looking forward to doing it again next year, or even later this fall," Fumai said.



Photo by Walt Johnson

**Members of the Mountain Post chat with Hooters representatives prior to teeing off Saturday at the post golf course.**



# Post outdoor swimming pool holds family night program

by **Walt Johnson**  
**Mountaineer staff**

Even the unfortunate timing of a pump breaking down in the post outdoor swimming pool couldn't keep members of the post community from participating in the outdoor pool's Thursday night family swimming program.

Hours before the outdoor swimming pool would open for patronage, the pump in the main pool malfunctioned and caused the cancellation of the program in the large swimming pool.

Swimming enthusiasts did not let that deter them from having fun with their families as they waded in the children's pool and enjoyed the evening.

Charity Jennrich was one of the patrons who kept her family at the outdoor pool and took advantage of what

the children's pool had to offer. She came to the family night activity after talking with her friend, Brandy Mitchell, whose family also took part in the indoor swimming pool family night program before the outdoor pool opened.

"Brandy told me about the indoor program and how much her family enjoyed it. My husband is going to deploy and I am looking for little things to do with our children. I decided we (her family) would come here tonight to see how we would like the program. Brandy pretty much told me what to expect and though I wish the bigger pool was available, I was looking forward to getting some sun myself, these pools are good. They are nice sized and the kids are having fun. When the kids are having fun I'm happy and we will definitely be here next week," Jennrich said.



Photo by Walt Johnson

**Family members enjoy the post outdoor children's pool June 6.**





Covered wagons, teepees and fountains set the scene for the Flying W Ranch chuckwagon dinners.

## Flying W Ranch: A taste of the Old West

Story and photos  
by Nel Lampe  
Mountaineer staff



When family members or friends visit from out of state, they often have a preconceived notion about

life in Colorado. Often, visitors are disappointed when signs of the Old West aren't evident.

One easy way to show out of town visitors a touch of the old West is to take them to the Flying W Ranch. Not only is it a working ranch, but guests are served a western-style meal, visit an authentic western town and after dinner, are entertained by the nation's second oldest western band, the Flying W Wranglers, organized after "The Sons of the Pioneers."



Dress for the evening is definitely casual. Comfortable shoes are suggested for the walk around the ranch and Western village before dinner. A lot of



The Flying W Wranglers entertain dinner patrons at the Winter Steakhouse at the Flying W Ranch.

guests get into the mood by wearing western clothing or at least a 10-gallon hat.

The Flying W Ranch has been a working ranch for many years. In the mid-'50s, the ranch started serving supper to small groups of visitors. Soon the

crowds and demand grew in numbers. A few dozen supper guests became a few hundred. Now, 1,400 guests are served every night of the week, May through September, eating barbecue beef or chicken, along with beans, baked potatoes and homemade biscuits. In true Old West style, tin plates and cups are used. Lemonade, ice tea and coffee are drink choices and dessert is spice cake.

The ranch staff has serving a crowd down to an efficient science, based on years of experience. Crowds are moved along with jokes and a touch of humor and guests are good sports.

Usually supper is served outside, but should rainy weather prevail, there's enough room under cover to seat the large crowd. Dinner and the show go on, rain or shine.

After the cowboys have "served up the grub," they pull double duty in providing entertainment. The



Guests enjoy dinner in the Winter Steakhouse, formerly the Ute Theater.

See Ranch, Page 36

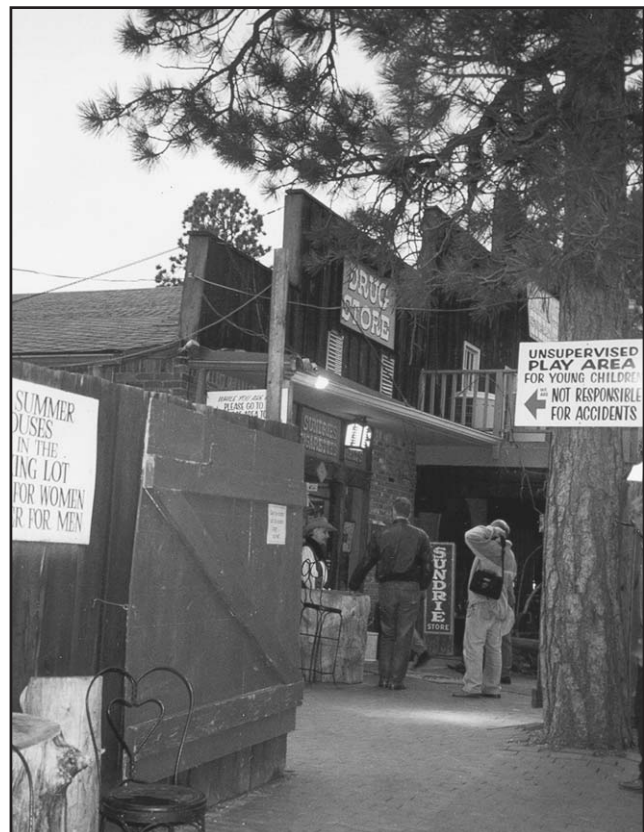


Places to see in the  
Pikes Peak area.  
June 14, 2002





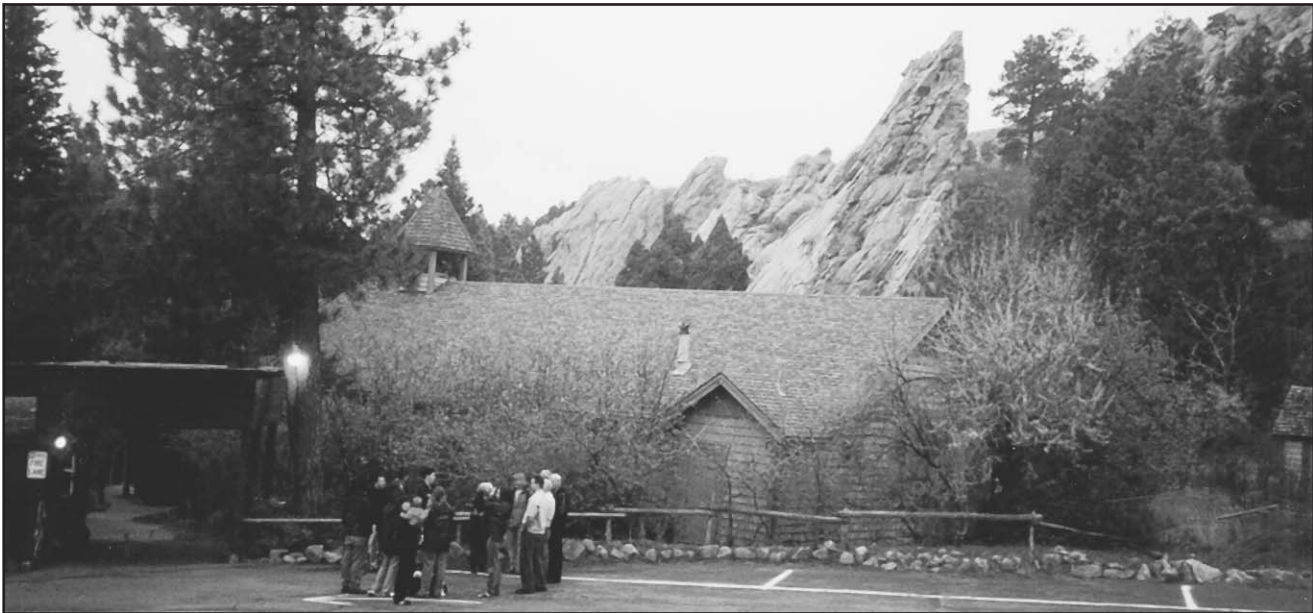
In winter, the Winter Steak House serves din-



**Visitors chat with a ranch cowboy while waiting for dinner to be served.**

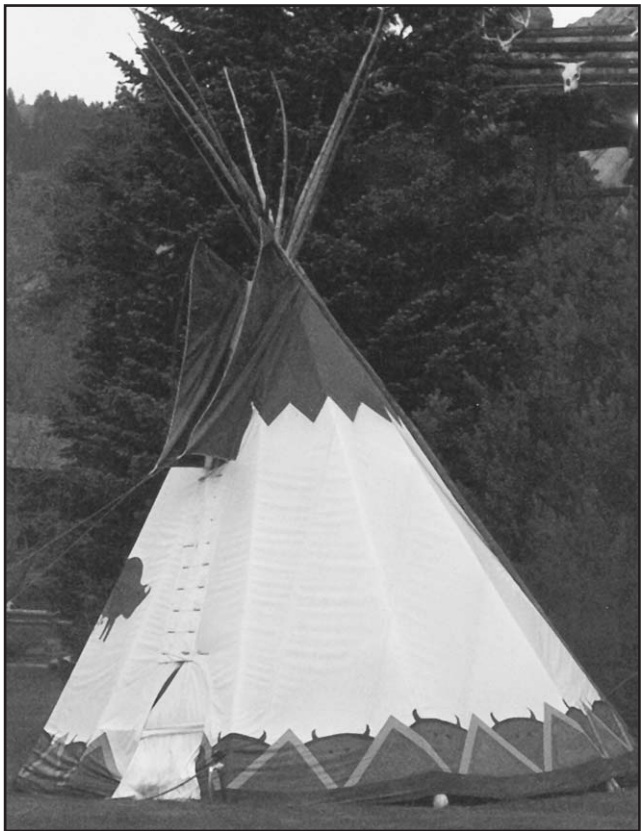


**An old wagon and a little Western humor greet guests near the parking lot at Flying W Ranch.**



**Guests gather near the Flying W Ranch's chapel near some of the ranch's rocky terrain.**

Although the ranch used to be more rural, it is now surrounded by housing areas. Keep an eye out for signs and watch for the Flying W brand on the pasture gate.



**A teepee is on the Flying W Ranch.**

\$ = Less than \$20  
 \$\$ = \$21 to \$40  
 \$\$\$ = \$41 to \$80  
 (Based on a family of four)





## Get Out!

### North Pole

**Celebrate Christmas in June** and get a \$4 discount by turning in a Coca Cola product can at Santa's Workshop at the North Pole. The North Pole is just off the Pikes Peak Highway, near Cascade.

### Pikes Peak Highway is open

The city-operated **Pikes Peak Highway** is still open to motorists, even though the Pike National Forest is closed because of forest fires and the high risk for fire. Motorists using the Pikes Peak Highway may not walk past the highway right-of-way and may not smoke outside their vehicles.

### Cripple Creek concerts

**Summer concerts** have been set for the Gold Rush Palladium in Cripple Creek. "BeatleMania Live" is June 25 at 4 p.m.; "The Temptations Review" is July 4 at 7 p.m.; "Freddy Fender" is July 21 at 3 p.m., "Jennifer Lane Band" is Aug. 17 at 6 p.m.; "Molly Hatchet" is Sept. 1 at 4 p.m. and "The Platters" are in concert Sept. 15 at 3 p.m. Tickets are available at [www.ticketweb.com](http://www.ticketweb.com), or call (719) 689-2646 for tickets.

### Buskerfest

The popular **Downtown Denver International Buskerfest** is June 21 and 22, from 11 a.m. until 5 p.m. at the 16th Street Mall and features street performers and food. Call (303) 478-7878 for more information. Entrance is free.

### Renaissance Festival

The annual **Colorado Renaissance Festival** runs weekends near Larkspur, between Colorado Springs and Castle Rock, at Exit 172, Interstate 25. The festival is Saturdays and Sundays only, until July 28, from 10 a.m. to 6:30 p.m. Entrance is \$14.95 for adults, \$7 for children 5 to 12. Call (303) 688-6010 for information.

### Springspre

One of the most popular fests in Colorado Springs, "**Springspre**," is Saturday in downtown Colorado Springs. The traditional bed race will be held in the morning as well as fun runs. Entertain-

ment, food booths and lots of activities fill the streets. Call 534-0350 for more information.

### Indian-Spanish market

The annual **Indian-Spanish Market** is June 21 to 23 at the Fine Arts Center, 30 W. Dale St. Events begin with a concert by Bill Miller; entrance is \$18. Fest activities are in the sculpture garden and courtyard from 9 a.m. until 6 p.m. June 22 and 23. Traditional foods are available throughout the weekend, as are fine arts, dancing and artistic exhibitions. Entrance is \$5 and \$6. Call 634-5583 for more information.

### Pueblo fest

"**Boots, Blues and BBQ**," is an annual fest along the Arkansas Riverwalk in downtown Pueblo. Food vendors, arts and crafts and blues music are featured from 11 a.m. until 11 p.m. Saturday and Sunday. Call (719) 595-0242 for information.

### Westfest

**Michael Martin Murphey** brings his "**Westfest**" to Colorado Springs again June 27 to 30. Some events are at the Penrose Equestrian Center and musical events are on the grounds of the Pikes Peak Center. Murphey headlines the entertainment, which includes Red Steagall, Nitty Gritty Dirt Band, Chely Wright, Cowboy Nation and Hot Club of Cowtown. Call Ticketmaster at 520-9090 for tickets.

### Royal Gorge Wild West

**Royal Gorge Bridge** has a **Western Weekend** event which includes a dance and barbecue in Juniper Junction, a new area of the park. Western music will be performed by Rockin' M Wranglers. The Western Weekend activities will be from 12:30 to 4:30 p.m. Saturday and Sunday, and are included in admission.

### Melodrama

The summer schedule of "**The Spoilers**" presented by Cripple Creek Players, is presented in the Butte Opera House at 139 E. Bennett Ave., in Cripple Creek. Performances are Wednesdays, Thursdays and Fridays, and Saturdays at 8 p.m., beginning Saturday. Matinees are on Saturdays and Sundays at 2 p.m. Tickets are \$6.50 for children and \$12.50 for adults. Call (719) 687-2513 for tickets or information.

### Butterflies at the Zoo

**Butterflies** are special guests at the Cheyenne Mountain Zoo this summer. The Butterfly Experience

is open from 10 a.m. to 5 p.m. daily and is near the monkey house. Butterflies will fly around the enclosure to the delight of visitors. The special exhibit is included in zoo admission, which is \$10 for adults and \$5 for children ages 3 to 11. The zoo opens at 9 a.m. every day of the year and is at 4250 Cheyenne Mountain Zoo Road.

### Colorado State Fair

The **concert lineup** for the Colorado State Fair includes Lifehouse, Aug. 17; Chris LeDoux, Aug. 17; Carrot Top, Aug. 18; Charlies Daniels Band Aug. 18; Creedence Clearwater Revisited, Aug. 22; Michelle Branch, Aug. 24; Rocking Roadhouse Tour, Aug. 24; Frankie Valli, Aug. 25; Toby Keith, Aug. 26; The Statler Brothers, Aug. 28; Poison, Aug. 29; Kenny Chesney, Aug. 30; and The Three Amigos, Sept. 1. Ticket prices vary, but range from a low of \$11 to a high of \$31. The concerts are at the Events Center or in the Grandstand at the Colorado State Fair Grounds in Pueblo. Call Ticketmaster, 520-9090. .

### New "theater" at Pepsi Center

"**CityLights Pavillion**" is a temporary theater in the parking lot at Denver's Pepsi Center. Engelbert Humperdink is in concert June 20; The Manhattan Transfer, June 21; Simple Minds, June 22; and Kenny Rogers, June 29; and that's just the first month. Tickets are at Ticketmaster, 520-9090.

### Dinner theater

The Iron Springs Chateau in Manitou Springs has opened "**Yo-Ho-Ho and a Barrel of Fun**," which follows dinner. The audience interacts with the cast during the melodrama. Dinner and show tickets are \$23 for adults; there are children and group rates. Call 685-5104 for information.

Castaways Elite Dinner PlayHouse Theater presents "**Accommodations**," a comedy, through July 13. Dinner buffet and show are \$44.50. Tickets for the show only are \$21. The production is Friday and Saturday nights. Call 685-3700 for reservations. Castaways is at 103 Manitou Ave. in Manitou Springs.

Encore! Dinner Theater presents "**Party of One**" at 6 p.m. for dinner, show at 7:30 p.m., Fridays and Saturdays. The theater is at 10 Old Man's Trail in Manitou Springs. Dinner and show are \$36, with discounts for military and groups, call 471-7529.

# Happenings



Photo courtesy PPIR

## Racing ...

**Pikes Peak International Raceway is the site of Indy League Racing Sunday at 2 p.m. Tickets are half-price for servicemembers with ID. Call the raceway at 382-7223.**



Program Schedule for Fort Carson cable Channel 10, today to June 21.

Mountain Post Magazine: stories on soldiers, civilians and family members of the Mountain Post. Airs at 7 a.m., 10 a.m., noon, 3 p.m., 7 p.m. and midnight.

Army Newswatch: includes stories on DA photos on-line, Operation New Horizons and training in Kuwait. Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: includes stories on V-22 Osprey testing, Fleet Week 2002 and the "Ground Zero" American flag. Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: includes stories on CV-22 and Joint Strike Fighter testing and laser eye surgery. Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts. Access the schedule at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at

[CommandInfo@carson.army.mil](mailto:CommandInfo@carson.army.mil).

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

If you have ideas for Mountain Post Magazine, please phone 526-1253 or e-mail [MountainPostMagazine@carson.army.mil](mailto:MountainPostMagazine@carson.army.mil).

If you wish to have a training videotape shown on Channel 9 only, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit a clean, typewritten copy of the information to the Public Affairs Office, room 2180, building 1550, Fort Carson, CO 80913 or fax it to 526-1021 no later than the Friday before airing time.